

# Oral Hygiene

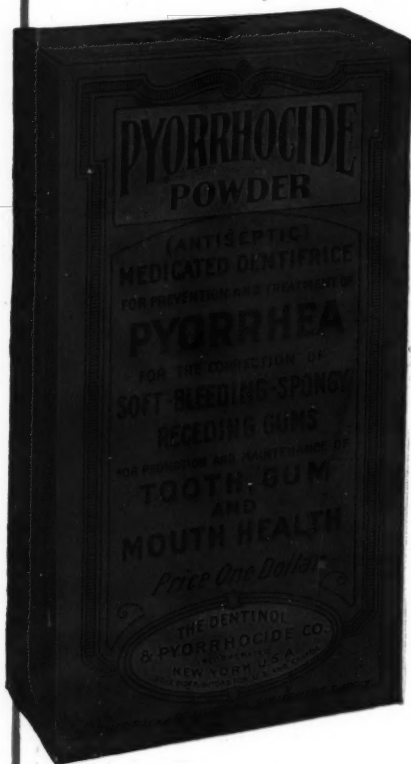
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1918

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THE BRIGGS-KESSLER CO.  
DETROIT, MICH.



# In the Final Accounting if the Dentist is to be Rewarded for his Surgical Skill in the Treatment of Pyorrhea



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*Dental Supplies and Laboratory*

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# ORAL HYGIENE

*Published Monthly*  
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## TABLE OF CONTENTS

MAY - 1918

2

The Teeth in War Time.....463  
Harvey W. Wiley, M.D., Washington, D. C.

Dental Enemies .....474  
John Philip Erwin, D.D.S., Perkasio, Pa.

Official British Photographs; New Zealand Dental  
Corps .....481

The Super D.D.S.....486  
John Philip Erwin, D.D.S., Perkasio, Pa.

### EDITORIAL—

"I Do Perceive Here a Divided Duty".....495

Unexpected Help .....496

NOTE AND COMMENT.....497

FUNNIES .....504



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# ORAL HYGIENE

## *A JOURNAL FOR DENTISTS*

VOLUME VIII

MAY, 1918

NUMBER V

### THE TEETH IN WAR TIME

HARVEY W. WILEY, M.D., Washington, D. C.

Delivered at the Free Public Health Lecture Course of the Forsyth Dental Infirmary for Children, January 27, 1918.

I AM not going to say today that teeth will win the war, but the war has been won by so many things as you all know. The aeroplanes were to win the war, the submarine destroyers that we were to build were to win the war, and the soldiers we were to equip and send abroad were to win the war. Wheat is to win the war, and pork is to win the war, and a thousand other things. I do not claim so much for the teeth, but I do claim that the teeth can help if properly used and if they are the proper kind of teeth.

I will admit that as a weapon of offence and defence, the tooth is not so terrible as it was in primitive times, but still that is something to be remembered as a result of inheritance, because if you get pretty well done up in a fray, everybody says you have been bit. So we can remember by inheritance at least a time when the tooth was a very efficient weapon.

In early times, in the part of the country where I was born and brought up, before the modern gun became so numerous, men were wont to settle their differences by the weapons which nature gave them. To my mind that is about the best way to have a fight. It usually does not result in anything very effective; at the same time, entire satisfaction, if you are allowed to go to the limit, is secured. In Kentucky, especially near where I was born and brought up, this method of settling differences was in great vogue in the early times, and as all Kentuckians are proud of their colonel, the story I am about to relate includes both. A friend met the colonel on the street one day, looking somewhat upset. The friend asked, "What is the matter, Colonel?" The colonel replied that he had had a little altercation with the judge. Said the friend, "Who got the better?" "I did", replied the colonel. "But, said his friend, "What is the matter with your nose." The colonel answered, "Well, it was this way." "I held the judge down by inserting my nose between his teeth." Now if we can at least hold the

enemy down by inserting our nose between his teeth, we will at least have accomplished something.

The teeth are not quite so important to the warring soldier as they were in former times, before the improvements in the weapons with which our troops are supposed to be equipped were made. The old fashioned muzzle loading rifle or musket with its flint lock was a simple piece of mechanism compared to the repeating magazine rifle of today, but when both sides were armed with the same kind of weapon it was just as important as the machine gun at the present occasion.

In those days it was very important that the soldier should have good teeth, at least the front teeth, because the cartridges were made of paper and the bottom of the cartridge had to be torn by the teeth of the soldier in loading his musket either for practice or for battle. I remember, and most of you as old as I am (if any present have reached that dignity) must remember, the old muzzle loading musket, and I can go through yet, the seven times and nine motions to load a piece and the discharge, including putting on the cap. That was a slow process, but your enemy was just as slow about it, so we were on equal terms. In those days, not only the molars of the proposed volunteer were examined to see that they were fit for duty, but especially the incisors had to be in good condition before a man was accepted for service. Today, even with poor teeth, with the help of a good dentist, we can have a pretty good soldier without having efficient teeth; that is, as far as loading and firing his rifle is concerned; but he is never so good a soldier upon the whole as the man who goes into the fight and into the Army with a good sound set of teeth. Hence, the inspection of the teeth at the present time has become a very important part of the service, and I am happy to say that the dentists in the service are asking for and to some extent securing the same rank that is accorded the physician. It is only simple justice that it should be so.

The question arises, what help are the teeth to give us in this great conflict on which we have entered? We ought to go back many years in order to discuss this question from every point of view. The teeth are not mere incidents or accidents. The teeth are objects of growth and development, just as any other tissue of the body; and unless the body is properly nourished, we cannot develop healthy tissues, unless it has food with which it can build bones and teeth. Hence, we should have begun to prepare thirty or thirty-five years ago for the soldiers who are now fighting in the dangerous war zone. The importance of heredity in regard to teeth is just as great, and as much to be regarded, as anything else in heredity.

I am a little out of patience (I am not nearly so patient as I used to be) with so-called scientists who make nothing



whatever of heredity. There are a great many men getting a good deal of notoriety by declining to believe in the influence of heredity and making environment the sole thing. They say if a child of well educated and moral parents could be taken at birth, and substituted for the child of immoral and imperfect parents, one child going from one to the other, that the child adopted by the good parents will have just the same opportunity and be just as good a citizen as the other one. Anybody who knows anything at all about farm animals, knows that this is not true. "As ye sow", and no text in the Bible is truer than that, "so shall ye reap". If you sow seeds of moral and physical disease, no human power can prevent you from reaping the fruit of immorality and disease. Therefore, we must see that the children who are born in this country are entitled to, and should receive, a proper heredity.

So far as heredity is concerned, it is something that we ourselves cannot choose. If we could choose where we were born, Boston would perhaps become the greatest place in all Christendom as a place in which to be born. But we have to take our chances, and it is due to the child who is born, that he should be well born. Our friends, the Germans (you may have heard of them) consider it a mark of great respect to address a man as well born. It is a great mark of respect to thus write or address a person. The German has some reason to use that term, because he has his line of descent all entered in the official records of Germany, and we are just coming to that in this country. Some of us older people have no record of our history, except in the family Bible; and the family Bible, I fear, is falling into disuse. If today I were compelled to look up my line of descent in that way, I would not know where to look for our old family Bible. There were seven children and one Bible, and I came towards the last of the line; so my chances for being entered were not so great as the first. I know that there is such a record somewhere perhaps, but it is not official, and hence when now you have very frequently to prove that you were born, it is difficult to do so. I remember a story good enough to repeat. When a student in Germany, one of my friends working near me said he had something very important to tell me; he was going to get married. I was very indignant, and the thought filled me with anger. I was not married then, and had an entirely different attitude. I said, "You foolish man, you came here to prepare yourself for the duties of life, and now throw all chances away to get married." "Well", said he, "that is what I am going to do". "I want you to be my best man". I told him that I would do what I could to help him out, but that I was not very much interested. We went to get the marriage license, approached an official in uniform who was very polite, and used

the very best German we could muster. "Let me see your certificate of birth", said he. I looked at John and he looked at me. John said, "I have nothing of that kind. Never heard of it." We explained to him that where we were born people were not registered, only farm hands. The official said, "I am very sorry, for undoubtedly you really were born, but you cannot get married in this country unless you can prove that you have been born", and as John could not prove that, he could not marry in Berlin. He therefore had to take his prospective mother-in-law and his fiancée to London before a marriage certificate could be secured. So Germans, when they say "well born" can prove it. We ought to be able to say it as a compliment, and take it as a compliment that we are well born. I do not think much of a child who is not proud of his ancestry, no matter how humble or how little known to the public; but no boy can be a true son, and no girl a true daughter who is not proud of her father and mother, and therefore all the greater importance attaches to the idea of being well born.

In this particular case, being well born, means to be born of healthy parents; in the first place, morally and physically. Physically first, I might say. This is of supreme importance, because it means moral perfection as well as physical, and hence we are entitled to that when we are born; and that means that we have in us by heredity, the seeds of health, and not disease, and that if we are properly attended to after birth, we grow to be healthy men and women. Well born. Not born to wealth, but to a good constitution; something on which we can build if we have the proper environment and can help ourselves. We cannot become healthy men and women, unless when we have grown, we have good teeth and know how to use them. And I say, if we could have begun thirty-five years ago to look after the teeth of the men who are now fighting for us, giving their lives for us, "over there", they would have been a great deal better soldiers than they are. It is not altogether the bad environment into which our soldiers have unfortunately fallen, to some extent, but because of bad heredity, that they have become so readily victims to disease. Any physician will tell you, that in an infectious disease, the resistance of the body is a most important factor in preventing infection; and if you have healthy tissues and a well nourished body, your chances for resisting infection are to that extent increased; but if you have a run down system, whether by heredity or environment, whichever it may be, you have not the strength to resist the disease, and will likely fall a victim.

There is not a person in this house who has not in his throat and lungs the germs of tuberculosis. Not a soul. Why, then, is it that only ten percent of us die from this disease?

Why not one hundred percent? Because ninety percent have the strength to resist. Every healthy person constantly has the germs of pneumonia in his mouth. Why not all dead from pneumonia? (Unfortunately, many of us are dying now), but the majority of us have that degree of resistance, that enables us to fight against this infectious germ, and destroy it. Physicians will tell you that the body of a healthy person is full of corpuscles; white corpuscles, whose particular and special duty it is to sieze upon infectious organisms and destroy them, and thus save the person from infectious disease. Hence, with a good heredity and good environment we can resist diseases, and I take it, that there is no single organ of the body that is of greater importance than the teeth.

In the nourishment of the body, good food is required; simple food, and food prepared in the proper way; and the natural way of preparing that food is mastication by the teeth. The market is flooded nowadays with pre-chewed and pre-digested food. Everybody wants to relieve nature of the trouble of chewing, and to some extent, digesting. No healthy person is particularly desirous to have somebody else do his chewing, nor particularly desirous to have somebody else do his digesting; and the more we pre-chew our foods and pre-digest them, the less suitable we make them for our nourishment. Hence, chewing is the most important part of life, and being; so to do it well means that much more nourishment and resistance to disease in the human body. Hence a good set of teeth is an asset which no person can value in money; and having that good set of teeth, and eating the foods which build, then having learned the method of preserving them, we have a fortune of which we should be proud. I believe with the proper nourishment and care, there is no need for anyone to lose his teeth, and as old age comes on, it need not be a toothless old age. I might say the same, if it were not personal to myself, about the hair. There is no need for anybody to be bald, if we knew how to develop our hair and care for it. Nature would keep it as long as we live; and when I see men lose their hair and teeth, I feel doubly sorry for them. With one, I deeply sympathize—the man who has lost his hair. I am sorry for the man who has lost his teeth. Boston people evidently do not know the difference between sympathizing and the feeling of sorrow. You cannot sympathize unless you suffer the same thing yourself.

So we waste our hair and waste our teeth simply from ignorance. Simply because nobody ever told us anything to the contrary. Can you imagine, and yet I know it to be a fact, that fifty percent or sixty percent of the people in this country have never had any instruction whatever in the care of the teeth? That is the case. If you go out of the cities into the

country districts, you will rarely find a family where proper care of the teeth is taught. My farmer has three little girls. Very attractive girls. The father and mother are not yet forty, but are toothless. Two or three years ago I presented each of these little girls with a tooth brush, and being on the farm on the Fourth of July, asked one of them how she got along with the tooth brush. 'Oh, said she, "Mother said to put them away until we were grown girls". That is just about the type of knowledge that the common people have of the care of the teeth.

I believe it is the first duty of the school teacher to be a sanitarian. If I were examining a person to teach my boys in the school, I should not ask her to repeat the multiplication table, nor to tell me what great river emptied into the Sea of A, nor where the Dardanelles is, although that is a very important question at this time. An old lady who has visited abroad, and who is very fond of telling her experiences, came home the other day, and a friend asked her, "When you were abroad, did you see the Dardanelles?" "Oh, yes," she replied, "We dined with them." As far as I am concerned, I do want her to know what is the proper thing for the child to eat, and how to teach the child to care for his teeth. When he grows up, he will take his chances on the multiplication table, the Sea of A and the Dardanelles, and whether they are fit people to dine with; but he does not dare take his chances on growing up without knowing the laws of health.

Thousands of young Americans called to the colors have been rejected because of imperfect teeth, when they might have been and were willing to be brave soldiers of the Union. What a commendation that is on the kind of culture and education we have been dishing out to our children through all these years.

More particularly, I would have the child instructed in the proper mastication of food. It is not only necessary that the food be broken up, but it has to be properly masticated by the teeth. Plenty of mills grind finer than the teeth, but it is only digested by proper mastication. The greater part of the food is starch, and starch in itself is not digestible. It first has to be converted into sugar, and this is done by digestive energy, which begins in the mouth.

I once taught public school, and the children had never heard of anything like that, so I got some chewing gum and gave to a number of the boys. "'Tis true, 'tis spitty, and spitty 'tis true." I set a bowl down, and after they had chewed and spat for awhile, I said, "Now spit into that bowl", and I got quite a quantity of saliva. I took a little starch to make a pasty substance of it, and a little iodine. It turned a blue color, and I explained to them that as long as they spat in this, it would turn this dark blue color. Then I took some of the spittal which they had furnished me, and put it into a tube

which I warmed to the temperature of the blood for a few minutes, and put more iodine into it. This time it did not turn blue, but a reddish tint. I taught these children in one object lesson what chewing was for, and what it did for the food. Hence, whenever you chew starchy food, which you do every day, you should chew it well. I believe in Fletcherism, as far as starch is concerned. Chew well all foods containing starch, because if you don't, what happens? The food going into the stomach meets an acid medium, which suspends the action of the saliva for the present, and the digestion of starch is held up, and not until the foods leave the stomach and in the process of digestion meet an alkali medium is the starch digested. So, if you do not chew your starchy foods well, the undigested starch remains in the stomach, and consequently none of the foods are digested as well as they should be.

Therefore, we must have good teeth. Good grinding surfaces and learn to chew thoroughly and well, in order that the body may be properly nourished. It is not so important when you are eating meat to chew so well. To a certain extent you can gulp your meat, but you cannot in any sense gulp your starch. It is much better to eat your meat by itself and your starchy foods by themselves. If you are dining at a French table, the meat will be brought in first, and then the vegetables. This is much better than the American way of mixing everything together, and is a great aid to digestion. Do not eat a great mass of things together, like the doctor who gives a shot gun prescription. He hopes to do some good, but does not know exactly what he has got to do, so he gives therefore change our habits of eating when we have these what he calls a shot gun prescription, in the hope that he will hit something or other. That is what we do when we have half a dozen foods mixed in the mouth at once. We should chew our wheat, potatoes and vegetables thoroughly, and if we are in a hurry, spend less time on the meat, because that is digested largely in the stomach, and is an acid medium, and the stomach will be chewing if we don't. It is not advisable to bolt, but you need not spend so much time on meat as on starchy food. In that way, we put into the body food, assuming that the food is good, which will minister to the needs of the body, and preserve the health of the individual.

I do not want to criticise our War Department. The rations of our soldiers are ample, and I find that they are most generously fed. I have absolutely no criticism, unless it is that they are fed too much. When I compare the rations of our soldiers with those of the soldiers of other nations, I am astounded at the difference in favor of the soldiers of our country, that is the official ration. I do not think they can eat it all. Five or six thousand calories a day. Another thing

about our foods, however, is that they must nourish all parts of the body. With the proper mastication of food, we must have food which when digested leaves a slightly alkali residue in the body. This is of utmost importance. The two standard foods of the world, cereals, and meat, when digested leave an acid residue in the body. An accumulation of acid in the body is a grave threat to health, and such a body is much more subject to infection from contagious disease. Dr. Read, eminent surgeon of Cincinnati, says, "I never operate on a person, unless it is a matter of life or death, until I test his blood and see if it is properly alkali, and if at all acid, I will not operate until I have fed him the proper foods to increase the alkali".

The principle diet of our soldiers is bread and meat. The ration of the soldier is eighteen ounces meat and eighteen ounces flour per day, making thirty-six ounces of acid forming materials. The only alkali forming material he gets is potatoes of the same amount, or some vegetable having the equivalent value of the potato in alkali percent. Therefore, while they have plenty to eat, the foods are not properly balanced in their acid and alkali qualities, and a good many of our soldiers are suffering from acidosis, which renders them much more susceptible to contagious diseases than they would otherwise be. So I have urged upon the War Department the importance of changing the diet of our soldiers and to introduce into their rations a larger quantity of alkali forming element. One thing, they could be given large quantities of milk. We have learned how to preserve milk. There are methods of drying the milk which takes out nearly all the water. This dried milk could be given to the soldiers and one-half of the meat, and they would be getting a perfectly healthy diet. But you might as well try to move Bunker Hill monument without help, as to try to make any impression on the War Department in this respect. They tell you that the soldiers have been fed this way since time immemorial, and that they have got to be fed that way for all time, but if we could rouse public sentiment in favor of a wholesome diet, we might sometime after this war is over, and before the next one begins, have healthier soldiers.

As we read today of the ravages of disease among the carefully selected, best troops of America, young men in the height of their manhood dying every day from disease, my heart bleeds. When I read of the soldier that dies on the field of battle, my heart bleeds with joy to think that he has at least been permitted to accomplish the purpose of his life when he offered his life to his country. I hate to see these brave men dying of disease, but would glory in one of my own sons who died upon the field of battle. And so the teeth of our soldiers must be cared for so that they can do their work properly, and the proper food must be given so that after the



work of digestion has been done, the body will be properly nourished.

What do I mean when I say that there is no need of losing our teeth? The teeth decay before any other part of the body, because they have less individual attention. It is not an unusual thing for a man to live to be seventy or eighty years, and sometimes longer, and you will find that most people living to that age have kept their teeth. It is pretty hard to expect a man to live to be seventy or eighty, if he loses his teeth early in life.

No teeth that the dentist can give us, and we know that they can do very good work, will ever take the place of those that Nature has given us. And so we should have a campaign in this country to teach the care of teeth. Dentists would be interested in such a move, just as all physicians are interested in any movement for the good of public health. Dentists would no more think of hindering such a campaign than a physician would do anything to prevent the war on tuberculosis, in order to increase his number of patients. Any physician or dentist worthy of the name, gives all of his time to the work of preventing diseases, rather than alone to the cure. Here in this city, you have this great institution caring for the teeth of the child and preserving those teeth so that he may have a good set when he grows up.

I consider the care of the teeth of these children a great patriotic act. When I look into these little mouths and see the ravages that have already been made, even on the first teeth, I feel that I am not proud of my country that permits children to be in this condition. Look at the statistics collected from school children all over the country, and the conditions of their teeth are such that we cannot expect the success that we would have from any philanthropic work, until we have taken steps to remedy this terrible condition. If you are familiar at all with statistics, you will know that only ten percent of the school children of the country have anything like perfect teeth. Only ten in one hundred. Some of them have few teeth that are useful, and some have no teeth at all. They lose their first teeth, and when the permanent teeth arrive, they soon become infected from the already bad condition of the mouth, and what else can you expect. You cannot expect a healthy tooth to grow in the diseased bed of a temporary tooth. So many people think that it does not matter about the first teeth of their children as they have to lose them anyway. It is not that these parents do not love their children, but they do not know how important this care of the teeth is. This propaganda for better teeth is one of the things that we should look after; one of the things that we should urge and that means so much to the coming generations; one of the things

that would have meant so much if it had been taught to the present generation.

So I am glad to have the opportunity to address a body of intelligent men and women who are interested in this sort of thing, in order that we may spread about as far as possible this doctrine of tooth conservation, which to me is one of the most important of sanitary propaganda.

And now, just a word about the present situation. This country is just beginning to feel that it is at war. The sugar shortage is one of the greatest blessings that ever happened to the people of this country, and if it will have done nothing better than to teach us that we can do without sugar, the war will have paid for itself in the general health of our people; and especially of the teeth. Sugar is the enemy of the teeth, and more teeth have been destroyed in this country by sugar than by all other means combined. You may think that is a very extravagant statement. I believe it is true. The worst enemy of the child is usually the mother, in spite of the old proverb that a boy's best friend is his mother. A mother who grants the wishes of her children when they come for sweets, is an enemy to her child. The child would never come for sweets if not taught to have them. The natural food is milk, in which there is a large percentage of sugar. The Lord made that, and He is the best dietitian I know; even excepting myself. The sugar is in the milk, and it is not sweet. The Lord never intended the child to develop a sweet tooth. He knew it would be a bad tooth. The child who takes milk has no taste for sweets. People begin to feed children sugar in this country when they are five years old. Sugar is the curse of this country. A great many so-called preachers of nutrition say give the child plenty of sugar, all the sugar he wants. **The very thing he should not have.** The child should have just the amount of sugar present in milk, and in other foods, and no more. Nature provides sugar in foods, and it is all that the child should have. I would like to be food director for a little while. I would not beg you to do this or that, but would make you do it. I would close every candy factory in this country, every single one; not only during the war, but forever afterwards, and pass a law in every state, making it a penitentiary offence to give any child sugar under fifteen years of age. Even with nothing else that would mean a fifty percent improvement in the young peoples' teeth in this country.

Sugar disintegrates foods out of which teeth are made. Sugar creates no tissue except fat. Fat is the only thing that it will make. You could not build teeth out of sugar. Nor can you build muscles, or nerve, or brain out of it. What you can



do is to feed the child so much of it, that he does not have room for wholesome food.

I would like to see the use of sugar limited by law. If we are going to take charge of the foods in this country, why do we discriminate. I say, turn them all over to the Administrator, and let him prescribe. We are coming to it. I say this now in the interest of the teeth. But I say it about all foods, in the interest of this country and our Allies. We have abundance of food to fight the whole allied world in this war against Democracy, if we can only distribute it right. The Italians, French and English cannot eat Indian corn. They do not like the taste of it, as they are not used to it. Indian corn is good for us, and we can eat it, and we need wheat for export. We should be made to eat it. We are coming to it. Mark what I say. The President came out this morning in the paper, saying, "Please be good. Do not eat wheat twice a week. Have it once a week." Best the President can do under the present law, but I want to see a law passed authorizing the President to say more than that, and let him say to everybody, beginning with himself in the White House, you may have a meat card, wheat card, corn meal card, and you can have none of these but what you need for the day. I wish they would let me tell them just what to do. Unfortunately, they will not let me tell them, but they do not prevent me from telling you. We would then have food to burn, and plenty of food for all times.

Three billion bushels of Indian corn in this country today. How much Indian corn would it take to make bread for one individual for a year. Five bushels. How many people three billion bushels of Indian corn would feed. Oh, but you say, we must have meat. We cannot eat all corn. If by going without pork I can save a Belgian baby, I am perfectly willing to do it, and I will feel a great deal better for it, and so will you. There is no need for any of us to starve, either here or abroad.

Not only for the benefit of the child's teeth, but for the benefit of human welfare we must change the diet of this country. This should have nothing to do with the packer's or the miller's profits, but should be based on the simple principles of nutrition. It does not matter if we eat un-refined sugar. It is the best sugar in the world. I do not care what the American Refining Company says in page advertisements. What we want is plenty of whole ground cereals, potatoes with skins on, fruits and vegetables, and milk when we can get it. Children must have milk.

If we have proper teeth, and eat the food that Nature intended we should eat, who shall place our human life at forty-four years? Who shall say that a man will lose his teeth before he is forty, and hair before fifty?

## DENTAL ENEMIES

JOHN PHILIP ERWIN, D.D.S., Perkasié, Pa.

Prime purpose; to convince children that tooth troubles can be prevented.  
in order to persuade them to properly care for their teeth.

Teach how to anticipate dental enemies; how to locate dental defects and  
disorders before they have wrought irreparable injuries.

Length of lesson 30 minutes.

*Author's Note.*

**A**N ostrich, one day, while hunting for food, was beset by a hungry wolf. Fear overcame it. Instead of using its power for speed and running away it stupidly stuck its head into the sand, believing that because it could not see the enemy there was no danger near. Whereupon the wolf found an easy prey and a ready meal.

Many years ago, before the western part of the United States was safely settled, Indians were compelled to travel through very dangerous countries. They were constantly surrounded with perils of all kinds. Their lives were always in danger. In order to detect the approach of enemies they kept a well trained ear close to the ground. So keen was their sense of hearing that they could interpret strange sounds at great distances. They would never allow an enemy to spring upon them and catch them unawares. They were always prepared to fight the foe, or escaped to places of safety.

Boys and girls, as they care for their teeth, may be divided into two classes. First, those who follow the example of the ostrich, by remaining blind to their dental enemies. Second, those who practice the "Safety-first" policy of the shrewd Indian by training their eye to detect dental enemies when afar off, before they have destroyed the dental organs.

To which class do you belong? Do you retire every evening, with the food accumulated during the day, remaining in and about your teeth? Are you using the teeth day after day without even examining them to learn their true condition? Do you believe no dental danger is near because you refuse to see it? If so, you belong to the first class; to those who imitate the ostrich.

Or, do you value highly the life of your dental organs? Do you clean your teeth every evening before retiring? Are you training the eye to detect those dental enemies besetting every mouth? Do you carefully examine your mouth at regular frequent intervals? If so, you belong to the second class, to those who exercise the shrewdness and the fore-sightedness of the Indian.

The purpose of this lesson is to induce you to take your head out of the sands of ignorance, and to inspire you to prevent tooth-troubles by examining your teeth regularly and intelligently. Why wait until your teeth are decayed and aching before considering them? Why lose half your teeth before trying to save them?

Anticipate your dental enemies. Conquer them while they are still small. Form the habit young in life of examining the mouth once every week. Set aside a certain time for this particular duty. Do not trust to chance. Perhaps "tomorrow" or "next week," never comes. Determine upon the time best suited to your regular duties, then permit nothing to steal the time set aside for your mouth.

Learn to make a methodical examination. There is no method in skipping about from one tooth to another, looking at the front teeth, then here and there, without a definite plan and purpose. The Indian, listening for an enemy did not jump about, trusting to luck. He was trained from childhood to follow a certain plan to detect the foe. He worked according to method.

The following will be found practical in examining the mouth: Begin with the lower right molars. Examine each surface for dental enemies. Leave them only when you are perfectly satisfied that you know their true condition. Pass now to the adjoining bicuspid. Scrutinize the surfaces between these teeth. Watch for food traps between them. Then examine the six lower fronts, giving special attention to the inside of the lowers. Next, the left bicuspid and molars, pass to the upper left molars and thence around the upper teeth completing the examination with the right molars. Adopt and practice this method. It precludes the possibility of missing any one tooth.

"Practice makes perfect," applies to examining the mouth. The first few times the Indian placed his ear to the ground he heard but very little. Only after years of patient practice was he able to understand what the strange sounds meant. The first few examinations you make may reveal little in detecting dental enemies. That is why we urge upon you the formation of this habit early in life.

1. The very first question to decide when examining the mouth is, "Am I cleaning my teeth thoroughly?" Dirt is a deadly foe to the mouth. Guard cautiously against it. Those who clean the teeth, day after day, without examining the results frequently miss the most important surfaces of the teeth.

There are a few places which require special attention when you examine for neglected spots. The inside surfaces of the upper and lower six front teeth, and the cheek sides of the upper molars are frequently missed. A peculiar tilt of the brush and an extra effort are needed to reach these parts.

A clean tooth seldom decays. Learn how to keep the mouth free of all dirt. Your eyes can greatly assist in this work.

2. Stains are dental enemies. There are two kinds of stains, named according to their color; the *green* and the *brown*.

The *green* stains are found upon the faces of the upper six front teeth. They seem to occur with the greatest frequency in the young. Where they are permitted to remain undisturbed upon the teeth, the enamel is eventually destroyed.

The *brown* stains are more common. They are found in all ages and upon any surfaces of the teeth, although not so destructive and easier of removal. All stains blemish the beauty of the mouth.

Only a dentist is prepared to remove stains. He will restore the teeth to a healthy condition without injuring the enamel. Never use free or recommended preparations. They may contain acids or other injurious drugs. You cannot remove the stains. Seek the help of a dentist before the teeth are damaged beyond repair.

3. Tartar is another dental enemy. It is a scaly substance deposited by the fluids of the mouth upon the teeth. At first it appears as a white, mossy growth. This can easily be removed with brush and powder. If undisturbed the mossy deposits harden like a shell. This cannot be removed by the individual.

Where tartar is given free rein and permitted to grow undisturbed, it either completely covers the teeth or forces the gum from around them.

In such mouths we find the gums spongy and full of blood. Brushing causes them to bleed freely. In advanced stages pus pours out from around the roots of the teeth into the mouth, thus creating an exceedingly unhealthy condition.

It has recently been determined by scientific men that the origin of many diseases, previously little understood, may be found in these pus infected mouths. Naturally the deadly germs of the pus are swallowed. Through the stomach, they infect the entire alimentary track, the blood and finally the whole system. From the infection springs nervousness, rheumatism and indigestion. Chronic invalids have been returned to complete health by a removal of the tartar from their teeth and thorough cleansing of the mouth.

Under no circumstances permit tartar to work its deadly effect upon the gums and jaw-bone until the teeth are loosened and lost, and the health destroyed. Examine closely the inside surfaces of the lower six front teeth, and the cheek sides of the upper molars. Tartar collects quickly upon these surfaces. When the first piece appears, call the attention of your dentist to it and have him remove it at once.

Tartar is an enemy to the mouth. Treat it as such.

4. Next, in the examination of your mouth for dental enemies, watch the food traps. They are the places wherein food wedges and remains even after a careful cleaning with the

brush. Unless these places be thoroughly cleansed, decay is sure to develop.

Food traps can be easily detected. Pass a piece of floss silk, knotted in the center, between the teeth. Observe from where the food is dislodged. Watch the spaces for decay. Sensitiveness is a signal from nature that something in the trap needs attention. Heed the warning before it is too late.

5. There should be no need to tell you to be continually on the alert for cavities in the teeth. To those of you who dread the dental chair this suggestion brings a message of joy. There are few persons, no matter how sensitive their teeth may be, who cannot have a small cavity filled in comparative comfort. It requires but little work to prepare a simple cavity and a short space of time to insert the filling. Thus little pain is inflicted. The simple cavity filled means not only the avoidance of pain, but also the saving of the tooth and of dollars.

If I were to tell you that certain men in your community had bad characters; that I knew them to be common burglars, you would quite naturally watch them closely at all times, and place yourself on guard against their attacks.

It will be helpful to know that certain teeth have bad characters, that they are more liable to decay than the other teeth. An enemy known is half conquered. When you know which special teeth to examine for cavities you will have half mastered the enemy of decay.

The following table suggests the relative liability of teeth to decay:

- |                           |                            |
|---------------------------|----------------------------|
| 1. Lower first molar.     | 9. Lower second bicuspid.  |
| 2. Upper first molar.     | 10. Lower third molar.     |
| 3. Lower second molar.    | 11. Upper third molar.     |
| 4. Upper second molar     | 12. Upper cuspid.          |
| 5. Upper lateral incisor. | 13. Lower first bicuspid.  |
| 6. Upper second bicuspid  | 14. Lower lateral incisor. |
| 7. Upper central incisor. | 15. Lower central incisor. |
| 8. Upper first bicuspid.  | 16. Lower cuspid.          |

Next, learn that certain surfaces of the teeth are especially susceptible to decay. The faces of the four lower incisors seldom decay, because they are self-cleansing. There are places about the teeth not so easily cleaned. They must be given special attention.

The following table will assist you in finding cavities. According to their liability of decay are:

1. The mesial and distal surfaces of all teeth.
2. The sulci of molars and bicuspid.
3. The basilar pits or incisors and canines.
4. Buccal faces and cervical margins of molars and bicuspids.

5. Occasionally, the labial and lingual surfaces of teeth. (Define the technical terms as they are used. Designate with charts or on models the various surfaces mentioned.)

What would you think of the man, who, upon being informed that burglars intended breaking into his home the following evening, would go to bed and pay no attention to the warning. You would pronounce him a very foolish person.

The following table informs you quite accurately when the enemy decay will attack your teeth. During certain periods of life, teeth are more susceptible to the ravages of decay. These are known as the periods of decay. When the Indian knew he was traveling or hunting in an especially dangerous country he doubled his caution. Display your wisdom by doubling your vigilance during the periods of decay.

The following table gives both the periods of decay and the periods of exemption from decay.

PERIODS OF DECAY (Approximately)	REASONS	INTERVALS OF EXEMPTION (Approximately)
1st 5 to 8 years.	Systemic effect of diseases of childhood.	8 to 12 years
2nd 12 to 20 years.	Undue growth.	20 to 30 years
3rd 30 to 35 years.	Family and business cares..	35 to 45 years
4th 45 to 50 years.	Approaching latter end of life.	Variable at 60 years
5th 60 to 65 years.	Beginning of dissolution.	65 to 70 years
6th 70 to 75 years.	Gradual loosening of hold upon life	75 to 80 years
7th 80 years, at which time rapid senile decay may supervene, followed soon after by death of patient.		

With these three tables you are prepared to intelligently examine the teeth for cavities. The first table tells which teeth are most liable to decay; the second suggests those surfaces most susceptible to decay, and the third points to those periods when the enemy, decay, exerts the most destructive influence.

6. Leaky fillings are dental enemies. After a filling has been in the mouth for years it occasionally happens that wear weakens the tooth, causing the filling to leak or loosen. Far better no filling than a faulty one. Decay works rapidly beneath defective fillings. It is economy to permit such work to remain undisturbed by the tongue.

Loose fillings are frequently discovered by the tongue. When the slightest sharp or uneven edge is felt decide at once that something needs attention. Floss silk passed between the teeth will catch, or be cut, on a loose filling. Sometimes



a pale blueness indicates a leaky cavity. In all such cases report the matter immediately to your dentist.

7. Watch for sores in the mouth. There is a *peculiar* appearance to healthy gums. Healthy gums are solid, firmly attached to the necks of the teeth and pale pink in color.

It is seldom that young mouths develop diseased gums. Such conditions are more common to middle life. Remember, however, this important advice—should you at any time notice unusual sores or peculiar growths in or about your cheeks, tongue or gums, consult a dentist at once. If the condition be a simple one, your troubles will soon vanish. Should it be a dangerous growth, immediate treatment will the more readily effect a cure, if that be possible.

8. The last enemy to guard against, is bad breath. Everyone, even the most indifferent, dislikes having an offensive breath. Regard for those with whom we come in contact should prompt us at all times to keep it sweet and pure.

A word of timely warning may save you considerable secret criticism. Never, under any circumstances, chew coffee beans, peppermint, orange peel or any patented breath killers to sweeten or disguise a foul breath. It is a vulgar practice. Such remedies act like the doings of a certain queer man. He paraded the streets sandwiched between signs reading, "I am an honest man." This convicted him of the very charge he sought to escape. Breath killers proclaim loudly that your breath is faulty. Smart people employ more sensible methods.

There are many causes for bad breath. Dirty and decayed teeth is a common one. Unhealthy saliva is another. Immediately before meal time when the stomach is nearly empty, the breath is usually offensive. Certain diseases, especially those developing high fever, effect the breath quite noticeably.

"How can I keep my breath sweet and inoffensive?" is often asked the dentist. The following advice will be found helpful. Be constantly on your guard. Preserve the mouth from dirty and decayed teeth. Breath through the nose, properly cleansed. Flush the alimentary canal with hot water. A cup of hot water, drank just before going to a social gathering, will hold a fetid breath in check for several hours. After the teeth have been brushed with a suitable dentifrice, gargling the throat with a weak solution of warm water, cleanses the mucous membrane of the mouth and throat of all fetid matter, and sweetens the breath.

While a bad breath may not directly injure the teeth, still it indicates an unsound condition of the mouth which should be promptly controlled.

There are three prime reasons *why* you need to devote constant, critical attention to your teeth.

First, you should examine your mouth at frequent intervals in order to *prevent* tooth troubles. Remember, the life of your teeth are at stake. You are the most interested party in this tooth question. It should delight everyone of you to know that it is possible by the exertion of simple caution, to avoid long, tedious dental operations, staggering sieges of excruciating toothache, and to enjoy the blessings of good teeth throughout life. Conquer dental enemies before they are upon you.

Second, you should properly care for the mouth that your teeth may be kept up to the standards established by society. There was a time when a man or a woman with ugly teeth might mingle with refined people. But those days are no more. No self-respecting person would think of appearing today at a social affair with dirty teeth any more than with soiled hands. You might hide your hands with kid gloves, but your teeth are seen by everyone. Present day society demands that we present our mouths at all times, in a clean, hygiene condition. The dirty mouth is the exception, not the rule. You are judged and measured by your friends with your teeth. Dental neglect is unpardonable.

Third, examine your teeth regularly, that you may get the best service from your mouth. You would mourn the loss of a finger or half of your eyesight or hearing. Why suffer dental loss so complacently? Your dental organs are invaluable to you.

Determine that only the best mouth will satisfy you. Defend your teeth at all times against the silent attacks of dental enemies. Follow the practice, not of the ostrich, but of the Indian.

#### REMARKS.

Where conditions warrant, distribute among the children a small card containing the outline of this lesson, together with the three tables of decay. A wide-awake-printer can design an attractive card by using pictures of the Ostrich and the Indian. After the cards are distributed, read and explain the various points they are intended to teach. Show how the cards may be used for future reference. As a rule, they are highly appreciated.

When technical or unfamiliar words crop up in the lesson, take time to explain them. Strange words bewilder children. Strive assiduously to present the thoughts clearly and comprehensively.

Yesterday our fathers endured. Today we cure. Tomorrow dentistry will prevent. This lesson is prepared for tomorrow. Teach the children how to prevent tooth-troubles and they will rise up and call you blessed.

**R**EMEMBER the steam kettle—tho' up to  
its neck in hot water, it continues to sing

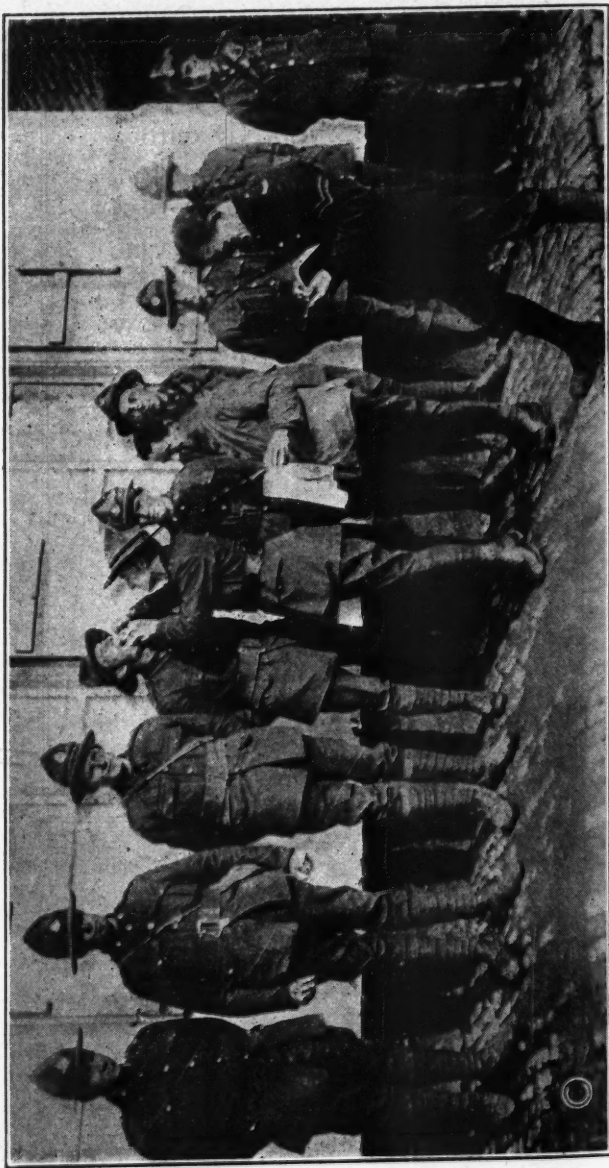


**N**EW ZEALAND with a population of one million, previous to the war, was served by five hundred dentists. One fifth of these have been called to the colors to form The New Zealand Dental Corps; organized 1915



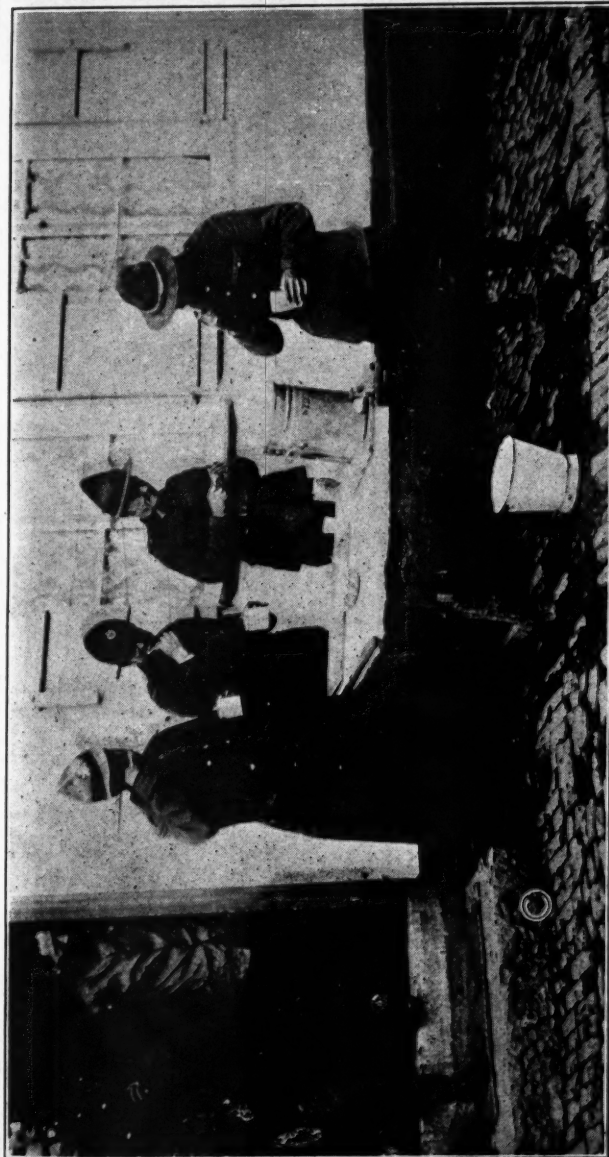
*The following official British photographs  
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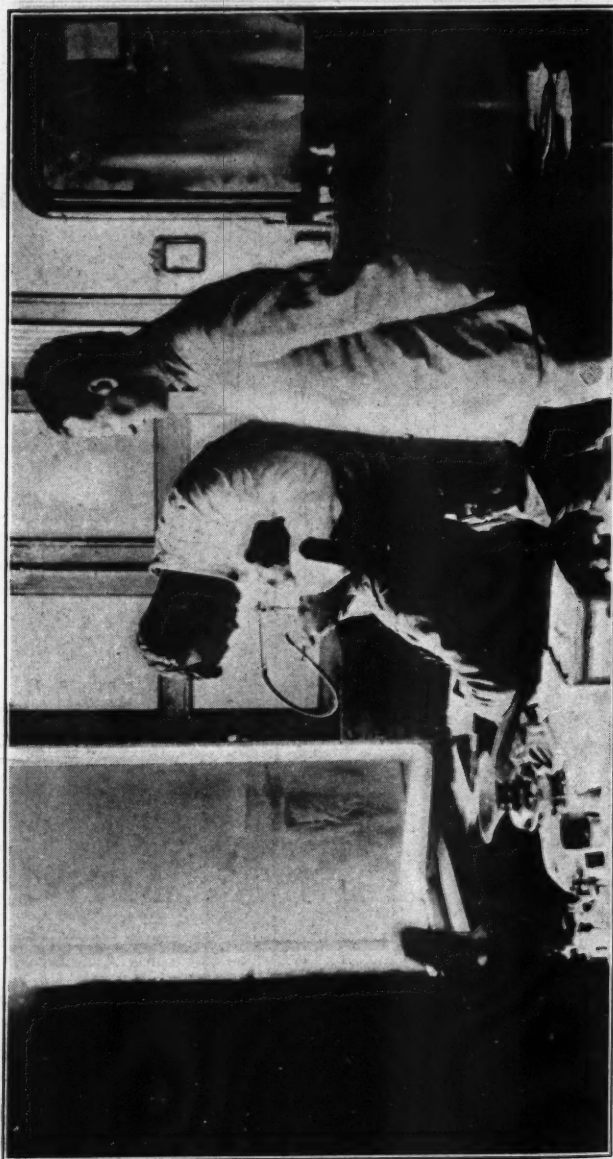


*Anzac Dental Parade on the Western Front*

Anzac Dental Parade on the Western Front

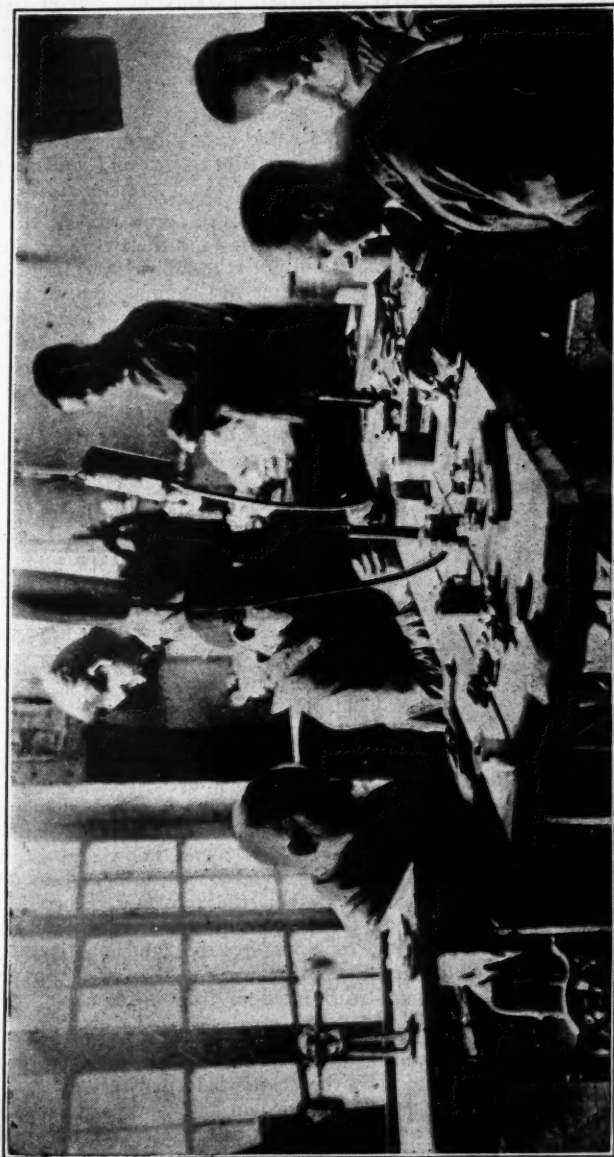


Before the Dentist gets to work on the Trooper's Teeth, said Trooper must parade to the Prophylactic Bench and give his mouth and teeth a good scrubbing



*Dental Office with Anzac Troops on the Western Front. As Circumstances Dictate, the Dentist Works in Huts or*

*Dental Office with Anzac Troops on the Western Front. As Circumstances Dictate, the Dentist Works in Huts or*



*Making Teeth for New Zealand Soldiers on Western Front*

## THE SUPER D.D.S.

JOHN PHILIP ERWIN, D.D.S., Perkasié, Pa.

This article has been prepared for the benefit of the dental student. It will be read with profit by the best of us.

**T**O the graduates of the dental classes of 1918, to those young folks about to enter upon the practice of dentistry, I extend my warmest greetings and address the following remarks

A Selfish chap, with kale to burn, grew weary of his homely scene when he saw neighbors take their turn at burning high-priced gasoline. It did not take him long to buy a car with speedy racing gear, and after but a single try, drive off alone without a fear. He simply sneered when folks would say, "He'd better take the thing apart and learn it well before some day, the boat would stop and wouldn't start." Kept driving on at break-neck speed from early morn till late at night and never watched the oil or feed nor cared that bolts and nuts were tight. It happened. Darkness, mud and rain. The lights went out. The chug came slow. The cylinders cried out with pain and finally refused to go. He kicked and jerked until he was weak. Then in the tank thrust deep his hand and struck a match to find the leak. Farewell! He's now in no-man's land. From this poor chap learn young in life to know and conquer every part; to strike a match—with loving wife and keep a self-denying heart.

The truths of the three greatest teachers of men have been reduced to the following sublime precepts:

Know thyself.

Control thyself.

Deny thyself.

Behold, Oh dental neophytes, the golden keys to success and happiness. They are the Alpha and the Omega of every immortal achievement. Analyze biographies of the great, their mighty triumphs, their glorious victories, and you will find predominating their lives, and work, knowledge of self, mastery of self and unselfish devotion to cause and to principle. Paul, the disciple, Luther, the reformer, Lincoln, the emancipator, practicing these three precepts, blest humanity with spiritual freedom, religious freedom and political freedom. You, young graduates, following in their footsteps may bless your fellow-man with freedom from disease.

**KNOW THYSELF.**

Socrates, the author and teacher of this ancient precept, was a Greek philosopher; the acknowledged wisest man of his time. Born about 470 B. C., died in 399. For a time he followed his father's art as a sculptor. It is as a teacher, rather

than as an artist, however, that we remember and honor him. He taught the young men in Athens that no person was truly wise until they thoroughly knew themselves. Because his teaching appeared iconoclastic he was put to death.

Socrates would have you know the path you are to tread, would have you anticipate what dentistry and the future have in store for you. One traveling in a northerly direction prepares differently than for a southern journey. A glimpse into your future suggests your needed preparation.

To know your path, recognize that the next twenty years will behold the division of the practice of dentistry into well defined, perfect parts. The jack-of-all-operations silently fades away. The specialist displaces him. Efficiency so decrees it.

You cannot escape this influence. Ere long you will stupidly stumble upon a branch of dental work most congenial to your taste and for which you are best adapted. That line of work you will assiduously follow. Experience, practice and time will develop your skill to the highest degree; then you will deliver superior service. Thus will you evolve to a Super D. D. S. This is the path pre-ordained for you.

Socrates would next have you know of the pitfalls ahead. Roses there be along the pathway of the specialist. But there also lurk snares. Against which foes must you guard? Where hide the quicksands of destruction?

There are five pitfalls you need especially to consider:

*Beware of dental dogmatism.* Never insist that your specialty is supreme. Season your opinions with conditions.

*Guard against lopsidedness.* The unbalanced ship rides the waves roughly.

*Avoid insane intensiveness.* Assist nature. Do not retard her with drugs and kindness.

*Refrain from commercialism.* The deadliest foe of specialism. Service first. Dollars and delight will naturally follow.

*Never under-estimate your task.* You must deliver the goods. There is excuse when the general practitioner commits an error. The Super D. D. S. dare not slip.

**A WISE MAN LOOKS BEFORE HE LEAPS;  
A FOOL LEAPS AND THEN LOOKS.**

Socrates next emphasized the importance of "knowing thy mental faculties." The selfish chap should have taken his auto apart to learn of the driving power. That you may know the forces controlling your life consider the mental faculties of your nature. These we study under three heads, namely, *observation, reasoning and memory.*



*Observation.* What has observation to do with the practice of dentistry? I heard some one ask. I reply, to be a Super D. D. S. demands an eye and a sight of the Sherlock Holmes type. The following tests clearly illustrate this point:

When you worked for Miss Wells today did you *observe* that the fillings in her teeth, made by your competitor, were well contoured, highly polished and bespoke the skill of a jeweler? While the fillings made by you were illy-formed, rough, dull and suggested the hand of a blacksmith?

Did you observe that the lateral which you anxiously covered with a gold crown was a shade darker than the central? And did you investigate and find it dead and in need of treatment?

Did you *observe* that Mr. Jones' teeth were loosely set in the jaw and of inferior structure? Then why did you insert gold fillings in his centrals when even plastics might fail?

Do you *observe* the many little acts of love and of kindness strewn along your pathway of life by loving hands? That sincere word of cheer from a friend? That fragrant flower which appeared, as if by magic, upon your desk? Are you drifting through life with your eyes closed? What do you see during your sixteen waking hours?

How can you attain the faculty of observation? Travel, improve your intellectual powers, travel, entertain only bright, clean thoughts, set up high ideals, travel, arouse a spirit of curiosity, travel, ask questions and travel.

*Reasoning.* Are you alert in detecting fallacies? A tippler, returning from his cups, chanced upon a few crackers in his room which he ate before retiring. The following A. M. found him with the usual brown taste and a Lombardgun headache. After a perplexed retrospection, he mumbled, "Darn those crackers; they never did agree with me."

Since you paint a wound with iodine and the parts heal nicely, do you foolishly conclude that iodine played the leading role in the act of healing? Because gold succeeds admirably as a filling in George's teeth do you blindly conclude that sister Mary's teeth likewise will retain gold? Are you silly enough to believe that since you excel in extraction you are therefore a wizard in treating teeth?

Do you quickly and easily detect the fallacy of *improper emphasis*? There is a certain portion in the Bible where it is said of a prophet, "And he spake to his sons, saying, saddle me the ass. And they saddled *him*."

Improper emphasis upon minor details reduces efficiency. Dwell not at length upon the size of your fee. Service and their value to health should be the paramount theme. Why monkey with a worthless molar when its absence would bless the mouth. Why manicure finger nails and work with dull



instruments? Why strain and struggle to master insignificant details of dentistry when there are so many major features to conquer?

Know that you have sufficient reasoning power to locate the causes of failures and the secrets of success. Label clearly and correctly dental whys and wherefores. Do not confuse cause and effect. The laws of thought exact a heavy penalty for their violation.

To strengthen your power of reasoning, couple *educated* sense to *common* sense, avoid hobbies, study constantly higher mathematics, and play poker and pinochle.

*Memory.* Your mental tripod is never stronger than your memory. Of what value is keen observation if you quickly forget what is seen? Reasoning is worthless if your new found conclusion is not indelibly impressed upon your mind. Be certain of your memory.

Remember names and passions of patients. To win and hold appeal to pride and to passion. Successful politicians appreciate and practice this precept. Patients relish remembrance of their pet hobbies. Naturally they prefer patronizing the dentist who displays a particular interest in their affairs.

Remember failures and successes. It is a stupid dog who is burnt twice at the same stove. Blush for your mistakes, but do not repeat them. Make your failures stepping stones to perfection. Take successes in large and frequent doses. Rejoice over victories. Continually congratulate yourself. Remember the green spots of life.

Remember your ideals. Are you aiming to pay off your college debts, to have a modernly equipped dental office, to have a first-class practice, to own your own home, then rivet your attention upon them, and concentrate your energies to attain your ideals, and **YOU WILL WIN OUT.** It is hard luck when you forget what you are striving for. That curious wife, would never have been turned into a pillar of salt had she kept her eyes *before* her.

To complete the knowledge of self, Socrates insists that you know "thy weaknesses and thy strengths." These we can treat but lightly. They are well worth, however, all the time and study you may give them. The value of this knowledge is obvious.

**Weakness A**—The first weakness of the Super D. D. S. to consider is femininity with its train of attendant goblins, fear, timidity and sensitiveness.

The practice of dentistry confines one into a space 12x12. The majority of patients are children and women. Contact with virile manhood is lacking. Open air activities, constant intermingling with rushing masses of hustling humanity, sudden changes of scenes and conditions, that enervating thrilling

point of contact with the masculine world, all these are absent from the life of the Super D. D. S. Result, Weakness A.

The cure? A firm determination to be a man. Never snub. Do not wear your hair like a sis. Shun the tenor corner. Sing bass. Attend boxing bouts. Be a yelling, fighting "fan." Put a spark—"hell" in your eye. Stand upright. Be a man.

Weakness B—Irrascibility. Patience is a virtue. Possess it if you can. Sometimes found in women. Seldom evident in the dental office because the nervous energy consumed in practice induces a tension which pulls the sugar out of natures. Solitary employment and mental strain create irritable dispositions; examples, artists, authors, musicians, teachers and dentists. The man-of-the-world becomes immuned to jerky, tantalizing happenings. He shrewdly steps aside for *irresistible forces*. Irrascibility foolishly attempts the part of an *immovable* body. Results, friction and bumps galore.

Weakness C—Irrregularity. No bugle-blasts arouse the Super D. D. S. every 6:15 A. M. No shrill whistle-toots start and stop his daily toil. No time-clock drives him behind a counter or to a desk every day at a certain hour. The grind of routine is unknown to the Super D. D. S.

Irrregularity is costly in that it consumes vast quantities of that of which life is made, namely, time. Capriciousness is a deadly foe to success. Only stern methods save the golden moments. Strive to be methodical.

Strength A—Accuracy, that mighty force, that sterling quality which produces dental masterpieces. The beveled edge of the cavity for gold, that peculiar twist of the broach when removing a nerve, the application of force from a base to the teeth to be moved, these, even more than writing, maketh an exact man.

Accuracy in the Super D. D. S. not only yields near perfect dental operations but it also meets appointments promptly, pays bills when due, keeps an exact account of all monies and adorns life with the jewel of truth.

Strength B—Dependability. Whenever the clerk, the mechanic or the merchant bumps upon a troublesome problem, experts stand ready to help and advise. Not so with the Super D. D. S. He must fight his battles alone, depending solely upon his own brains and skill to carry him over the top.

Dependability, the natural outgrowth of self-reliance, wins the confidence of those you serve. Display dependability to your patients and your word becomes law. Know and feel that you can be depended upon. Value highly this force as a rich asset.

Strength C—Practicalness. We are living in a skeptical age. Men insist upon being shown. Folks doubt and discuss

medicine, religion, politics and what-not. Only a fool questions the services of modern dentistry and the vital importance of oral hygiene. Dentistry proves itself. The Super D. D. S. unquestionably is a useful member of society. He is not an idle theorist nor a social parasite. Hence, dentistry is a practical calling.

Were Socrates here to consider the above facts, I believe he would predict that your path leads to success and happiness, that the pitfalls can be avoided, that your mental forces can be made sufficient, and that the strengths far over-balance the weaknesses.

My wish is that you may attain a similar optimistic opinion of yourself.

### CONTROL THYSELF.

Marcus Aurelius Antoninus, author of the precept, was born 121 A. D., died 180. He was a Roman Emperor and a stoic philosopher. He was noted for the serenity of his august mind and his constancy to wisdom, virtue and religion. The pagan world produced no other book which, like his, remained as an unfailing companion to every generation of the modern age. He built to suit all mankind. I would have you read and meditate upon, "His discourses with himself."

I know of no better way to impress his ideas of self control, than to quote and apply a few of the great truths by this father of stoics.

*"Put it out of the power of all men to give you a bad name, and if anyone reports you not to be an honest or a good man, let your practice give him the lie."*

Control both your character and your reputation. *Character* is what one is, *reputation*, what he is thought to be." To maintain an unsullied reputation, and to enjoy a clean character, conquer thought, word and deed. Thought fashions character, character finds neighbors; neighbors mould reputation. Thus we have Causa Causan within self. Clean thoughts, unsullied reputation.

Next, learn this encouraging truth, that people generally think of you in higher terms than you honestly deserve. Never entertain the thought that you are unappreciated. Never lose faith in yourself simply because others are too busy to praise.

It ain't no sign that you're a fraud  
'Cause folks don't constantly applaud.

Drive your thoughts; be not driven by them. Clean thoughts, unsullied reputation.

J. Foster Flagg preached to his students, "Boys keep your offices holy."

*"Put yourself in mind, every morning, that before night you will meet with some meddlesome, ungrateful and abusive*

*fellow, with some envious or unsociable churl. Remember that their perversity proceeds from ignorance of good or evil."*

Control your conduct with other men. Avoid being ineddesome, ungrateful and abusive. Do not be an envious or unsociable churl. Nor be annoyed by them.

The jolly-natured dentist, who greets patients with a cheerful good morning and a sunny smile, and does his work half-right, may have to buy more door mats than the skillful grouch, but fear not, he will have the money to pay for them. There are patients and dollars galore waiting for the Super D. D. S. who is a good mixer; for those with a pleasing personality.

*Do not drudge like a galley slave, nor do business in laborious manner, as if you wish to be pitied or wondered at."*

Control your system of working. It is unbecoming a professional man to drudge like a galley slave. When they pulled an oar the stroke was regulated with clock-like precision by a master who kept time by hammering on a block of wood. To miss a stroke meant curses and a lash with a whip.

There is no excuse for a Super D. D. S. sticking in his office all hours of the day and every day of the year. The arrangements of fees and appointments are within your control. It is a sign of faulty management when you have no time for yourself and family. Do not work yourself to death on a five-cent piece.

*"When you feel unwilling to rise early in the morning, make this short speech to yourself: I am getting up now to do the business of a man; and am I out of humor for going about that I was made for, and for the sake of which I was sent into the world? Was I then designed for nothing but to doze beneath the counterpane?"*

Control your morning hours. Arise early enough to give yourself ample time to shave, exercise, bath, breakfast and be at your office, spick and span, ready for business, not one minute later than 8:30 o'clock. Call on some of the leading medical specialists of Philadelphia at 8 A. M., and you will find them all brightly groomed, ready to receive you.

The dentist who smokes and lounges about his office, unshaven and unshorn at 9:30 A. M. not ready for patients, is not traveling on the road to success. Be early, even though you can't be a bird.

*"Do not suppose that you are hurt, and your complaint will cease."*

Control your health. Plan hard, work harder, play hardest, keeps the sick-bugs out of your mind. Inject method into your plan of work. Re-create your worn out body with sensible recreation.

A few words about recreation: Cards, the drama, reading of fiction, and similar sedentary pastimes further tire and break down the worn-out body of the dentist. Pastimes engaging all the latent muscles should be freely indulged in, and, when possible, taken in the open air; for example, swimming, croquet, quoits, archery, tennis, and, of course, golf. There are pool, billiards, shuffle-boards, bowling and dancing for evening recreation. Action, first and foremost in pastimes, preclude the risks of supposing yourself hurt every time you feel a pain.

*"From my adoptive father I learned that it was the part of a prince to have his exchequer well furnished; to be frugal in his expenses."*

Control your purse. Be a true prince. The lack, not the love, of money is the root of evil and discontent.

Shakespeare advises:

*"Put money in thy purse."*

John suggests:

*"Get money; still get money boy;  
No matter by what means."*

Yes, not only *put* money in thy purse, but learn to *keep* it *there*.

To form the habit of regular saving, subscribe to five shares of Building and Loan stock. Once experience this pleasure and you will never be without a monthly debt.

To acquire an accurate knowledge of the earning power of money, buy a high-grade municipal bond. Then observe and meditate upon this truth: *Every time you spend a nickel, a healthy dollar must work four hundred days to earn that five cents."*

To appreciate the possibilities of a well invested dollar, take out a five thousand dollar life insurance policy; endowment plan. There is no firmer foundation upon which to build your purse.

A young lover, pleading his proposal, assured his sweetheart that he could always make both ends meet. Turning upon him in rebuke, she said, "But I want more than to have both ends meet; I must have enough left over to tie a bow."

Be not satisfied with a starving, struggling existence. Control your purse so as to tie a comfortable financial bow.

### **DENY THYSELF.**

Christ, the author of this precept, taught that it is more blessed to give than to receive. There are those who reverse this divine doctrine by taking all they can grab and giving as little as possible. Supreme joy and happiness, however, is attained only by completely forsaking the valley of greed and

selfishness and ascending to the mountain tops of love and self-denial.

Dentistry in the glorious form you receive it today is not the result of chance and chicanery. Years of zealous efforts, mingled with sacrifice and devotion by our dental forefathers, have brought the practice of dentistry into the exalted state you now behold it enjoying. Will you lower it by taking out more than you put in? Or will you elevate dentistry by devoting your best efforts to the upbuilding of this noble calling?

Dentistry needs you; needs you to deny yourself for the spreading of the glad tidings of preventive dentistry. Every year millions upon millions of children's teeth are prematurely lost. More than seventy-five per cent of root canal cases could have been avoided by a dental stitch in time. Toothache is not a necessary evil. *Preventive* dentistry is painless. *Curative* dentistry may hurt like sixty. The world waits patiently for the glorious gospel of oral hygiene. Every conscientious Super D. D. S. will do his share in teaching these truths.

Dentistry needs you to improve instruments and perfect methods. The bulk of humanity dreads the dental chair. Many of our methods are still primitive. The cutting of highly sensitive dentine remains an enigma. Control of low-grade teeth is about where Prof. Flagg left it twenty-five years ago; and, remember, that troublesome six-year molar is not completely conquered.

That your service may not die with you, contribute to dental literature. Devote one hour every day to writing on dental topics. Successful writers follow the method of writing regularly. Jack London wrote two thousand words, every day, from 9 A. M. to 11 P. M., rain, hail or shine. Play a piece now and then on your Remington for your professional brothers. They will enjoy it.

To further enhance the value of your services to dentistry, support unflinchingly the National Dental Association. Be an active member. Acknowledge the moral debt you owe it. Do all in your power to enlarge its sphere of usefulness. Stand loyally by the officers.

Serve dentistry as you would a loving master. You all have some talents. Strive to double them. Be not one who *follows* dentistry for the living it affords. Lead it! Lead it forward with a devotion that will shower glory, honor and eternal praise upon both you and the dental profession.

Knowledge of self suggests that talent within you of greatest value to dentistry. Control of self directs that talent into the most helpful channels. An exercise of a gracious spirit of self-sacrifice wins the coveted, "Well done."

That you all may obtain this crown-of-glory is the closing wish of the writer.



# EDITORIAL

WM. W. BELCHER, D.D.S., *Editor*  
186 ALEXANDER ST., ROCHESTER, N.Y.

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*Oral Hygiene* does not publish Society Announcements, Obituaries, Personals or Book Reviews.  
This policy is made necessary by the limited size and wide circulation of the Magazine.

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## I DO PERCEIVE HERE A DIVIDED DUTY

WITH over two thousand dentists needed for the Army Dental Reserve Corps, there is a dearth of professional men to supply the actual dental needs of our population. The Preparedness League of American Dentists has presented the crying necessity of caring for the teeth of our soldiers and every dentist worthy of the name is doing his utmost.

During the conflict, in every field the need of the Government is given first place, and we must use every effort to place the teeth of our recruits in acceptable condition. The Dental Reserve Corps cannot do this work alone.

During the past decade, dentists have freely given their time and talents in organizing and maintaining dental dispensaries in the public schools. With the pressing need of dental attention for our soldiers, it is a serious question if we should not limit our efforts to their relief until after the war.

In the Year of our Lord, Nineteen Hundred Eighteen, it should not be necessary to convince any Board of Education in this country as to the value of a dental dispensary for its worthy poor school children. A decade ago this was not true. The necessity of a dental dispensary presenting itself, a few members of the profession, full of enthusiasm, would secure the promise of their confreres' co-operation in furnishing free services. This arrangement has not always been satisfactory, and at best, a temporary make-shift until paid operators could be secured.

Today with the need of dental attention for our worthy poor school children, so thoroughly proven, it would not seem necessary for the dental profession to furnish free services. Rather their efforts should be confined to educating the public, including the Board of Education, and to assist in installing the necessary paraphernalia. The Municipality should pay for the dental operators. It is only by this procedure that the public appreciates the value of dental services. Those things which are furnished free are rated accordingly.



## UNEXPECTED HELP

**A** FEW phrases in the draft law are likely to accomplish more for the standardization of the medical and dental schools throughout the country and for the improvement of the instruction in weak institutions than all previous efforts by medical and dental men in this direction.

"Students in well recognized medical, dental and veterinary schools," says the Selected Service Act, "may with the permission of the surgeon-general be enlisted in the Medical Reserve Corps, and not held liable for active duty until they have finished their professional studies."

Surgeon-general Gorgas has created a special bureau within his office to supervise the student reservists, and has committed the field to the charge of a medical scientist of high standing and much teaching experience.

The institutions receiving approval from the office of the surgeon-general will stand out on their merits as never before, and the more or less fraudulent and inadequate schools, in their absence from the official United States Army list of "well recognized" schools, will be severely penalized.

There is no loss without some small gain, and the fortunes of war have spun the wheel luckily for the advancement of our medical, dental and veterinary schools.

## HYGIENIC SINNERS

The waitress who carries a napkin under her arm and wipes off your plate with it.

The fruit-stand owner who exhales on your apple and polishes it on his sleeve before he sells it to you.

The good old doc who still believes that there ain't no such things as germs.

The cook who tastes from the pot and stirs with the tasting spoon.

The employer who does not supply adequate sanitary facilities for his help.

The street-car conductor who holds the transfer slips in his mouth.

The restaurant toothpick.

The roller towel.

The barber who uses a styptic pencil.

The milkman who takes the temperature of the milk with his finger.

*American Journal of Public Health.*

## NOTE AND COMMENT

*"I wish that I could wish a wish  
And have that wish come true  
For wishing wishes unfulfilled  
Is the best thing that I do.  
I wish on wish bones (when I can)  
On the new moon, dry or wet,  
But I'm goin' to cut it out because  
It ain't got me nothin' yet."*

Four British motor dental ambulances are in active operation on various fronts, all in France.

Washington, D. C., has a new school dental clinic located in the Tyler School, Eleventh and G Streets, S. W.

The British Government is said to be contemplating prohibiting the publication of books for the remainder of the war.

Niagara Falls, New York, has a Dental Clinic. A dentist and nurse will be located at the Health Department Building every Saturday morning to care for needy school children's teeth.

The *British Journal of Dental Science*, established 1856, published semi-monthly, to meet war conditions and the scarcity of white paper, will be issued hereafter as a monthly, until further notice.

The Government has commandeered all manufactured platinum in the country. This is following the experience of the French and English, who have commandeered every scrap of platinum for war uses.

The average number of dental students attending the sixteen dental schools of the United Kingdom before the war was about 900 in Great Britain. The number at present in attendance has been reduced to about 190, of whom forty-seven are women.

We note the death of Dr. John R. Callahan, Cincinnati, Ohio. Dr. Callahan was an earnest research worker. In appreciation of his services, the New York State Dental Society, at its session in Rochester, N. Y., May, 1917, presented him with the Jarvie gold medal.

Sioux Falls (S. D.), has a new dental clinic located in the High School building. The equipment recently installed is thoroughly modern and up-to-date. It is expected to have the clinic open forenoons of every school day. The work is in charge of the Sioux Falls Dental Club.

There is always someone around to take the joy out of things!

To prevent the children who attended a Bangor, Me., theater from annoying the audience by blowing up paper bags after consuming the popcorn in them, the management punctured each bag with three small holes.

The American Institute of Dental Teachers, at its recent meeting in Pittsburgh, appointed a committee to formulate a standard war course in dentistry, for the dental colleges.

The usefulness of celluloid as a substitute for ivory, starched linen, bone, tortoise shell and other materials is lessened by its inflammability. A professor in a Japanese University is said to have invented a non-combustible, or at least slow burning celluloid. Its manufacture will be taken up immediately.

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An English dentist who was given exemption by a local tribunal claimed that he had extracted 6,845 teeth in one year. We had thought that such things were of the past. Nearly 7,000 teeth to the discredit of one man, and he posing as a dentist!

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It is among the possibilities that Great Britain will by legislation socialize the medical profession, and provide for universal free medical attendance. Health insurance legislation in many communities, it is estimated, will apply to fifty to eighty per cent of the population.

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Thomas Alexander Forsyth, LL. D., has been presented with a beautiful loving cup by his associates of the Boston Belting Company, upon his retirement. This has been placed in the Founders Room of the Forsyth, which today is graced by two tokens of love and friendship—that of the dental profession being the first.

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In the first use made of big guns, it is easy to realize that this is a war of steel mills against steel mills, as well as of men against men. We note the demands for metals which serve to strengthen steel or aid in its manufacture, and we realize daily that the use of chromium, titanium, tellurium, selenium, tungsten and other elements familiar only to the chemist or the metallurgist, may make or break an offensive.

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To conserve tin-plate and linseed oil, sixty-eight shades of paints and varnishes have been dropped by the manufacturers working in harmony with the Commercial Economy Board of the Council of National Defense, and by July 1st the range of colors will be restricted to thirty-two for the period of the war. The number of containers has also been reduced by discontinuing many small sizes.

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The searchlight of war has brought out many interesting facts, and one of these is that the vaunted German efficiency will not always stand the test of comparison with American efficiency.

The Germans boasted of being the greatest farmers on earth. Investigation shows that in efficiency in agriculture, measured by the produce per acre, America being graded 100, Belgium leads the world, at 205; Great Britain comes second, at 164, and Germany third, at 155; America comes fourth.

But the better test is the man test rather than the acre test, and here America leads the world by over 2 to 1. Again, grading America at 100 per farm worker, Great Britain produces 43 and Germany 41. The American farmer cultivates 27 acres, the German farmer but 7. With the aid of vast quantities of fertilizer, the German produces more per acre, but he produces at a much greater cost per bushel, and he produces much less than half as much per man.

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The program for the Section on Stomatology of the American Medical Association, which meets in Chicago, June 11th to 14th, 1918, is of surprising interest.

A total of some thirteen papers will be presented for discussion. Dr. Frederick B. Noyes, Chicago, is Chairman and Dr. Eugene S. Talbot is Secretary.

The officers of The Section cordially invite those who are interested in the program to be present, and take in the discussions.

The dental profession is not the only one interested in presenting lectures nor is the dental proprietary manufacturer the only pebble on the beach when it comes to supplying free slides and lectures.

The International Harvester Company, with factories in Chicago, and branches scattered over the world, is providing free lecture courses and slides on matters pertaining to farm life. The Harvester Company believes that it is the duty of every business organization to do something to build up the community in which it does business, aside from just the things it is required to do by law, or the things directly beneficial to itself. As to results, the Company will be benefited just in proportion to the benefit its work will bring to others.

Every physician or dentist who wishes to buy Alcohol U. S. P. for his own use, must get a permit from the United States Internal Revenue office, file a bond and state in his application blank for what purpose he intends to use the alcohol. This applies whether it is for washing his hands or for preparing stains for laboratory use, or for any other purpose for which he desires to use grain alcohol, without having it medicated, or in some other manner denatured. You cannot purchase more than one pint of alcohol that has been medicated, without obtaining a permit.

The revised regulations covering the use of non-beverage alcohol are as follows:

Hereafter, pharmacists who hold permit and have given bond will be permitted to sell non-beverage alcohol without a physician's prescription, to persons who do not hold permits and who have not given bonds under the provision of Treasury Decision 2559, in quantities not exceeding one pint, but not in advance of orders, provided they first medicate the same in accordance with any one of the formulae recited below:

1. Carbolic acid 1 part, alcohol 99 parts.
2. Formaldehyde 1 part, alcohol 250 parts.
3. Bichloride of mercury 1 part, alcohol 2,000 parts.
4. Bichloride of mercury 0.3 grains, hydrochloric acid 60 cc., alcohol 649 cc., water 300 cc.
5. Bichloride of mercury  $1\frac{1}{2}$  grains, hydrochloric acid 2 drams, alcohol 4 ounces.
6. Formaldehyde 2 parts, glycerine 2 parts, alcohol 96 parts.
7. Carbolic acid 1 dram, tannic acid 1 dram, alcohol 1 pint, water 1 pint.
8. Alum  $\frac{1}{2}$  ounce, formaldehyde 2 drams, camphor 1 ounce, alcohol and water, each 1 pint.
9. Lysol 1 part, alcohol 99 parts.
10. Liquor Cresolis Comp. (U. S. P.), 10 c. c., alcohol 1,000 c. c. The container of such alcohol will bear a "poison label."

Never did the nurses of the country have such wonderful opportunity for service as at the present time. According to recent announcement, the Army is confronted by the task of increasing the Army Nurse Corps from its present strength of 4,000 to 37,500. These will be needed for an army of 1,500,000. The call to duty is made to everyone of the 80,000 registered and the 200,000 other graduate and practical nurses in the United States.

Because of the immediate need of nurses and to encourage enrollments, a number of the requirements heretofore imposed have been waived. Those who are interested are directed to the Superintendent, Army Nurse Corps, Mills Building, Washington, D. C., or to the Director of the American Red Cross Nurse Service, Washington, D. C.

"Teach your child to keep his fingers out of his mouth and nose at all times," advises the federal health service. "The greatest agent in the spread of those diseases whose causative organism is present in the secretions of the mouth and nose is the human hand. Most of us carry our fingers to mouth and nose many times a day, there to implant the germs of disease which other careless persons have spread about, there to collect a fresh supply of infectious material to scatter for someone else.

"When surgeons discovered it was their own infected fingers which carried germs into wounds, they undertook to discover a means whereby their hands could be rendered surgically clean. The whole realm of chemistry was ransacked for agents which would cleanse infected hands. The scrubbings and immersions to which medical hands were subjected are even yet a tender memory to the surgeons of that period. But all of these efforts proved useless. Surgeons finally had to adopt rubber gloves.

"Try as you will, you can't by any known method keep your hands free from germs," states the public health service, "hence the importance of teaching children to keep their hands away from their mouth and nose."

Every once in awhile it is forced to our attention that all of our readers do not agree with the wisdom, as presented in "Note and Comment." An illustration of this is the communication from Dr. E. H. Collier, of Battle Creek, Michigan, who rises up to protest against several items in the February issue:

"The world is divided into workers and loafers. Ninety-five per cent of us are workers.

"Workers not doing more than the average is what keeps dividends to the loafers down.

"Ninety-five per cent working, that five per cent may loaf, makes a bum job for both workers and loafers."

Aberdeen (S. D.), has a free dental clinic, and sixty pupils of the public schools, who need immediate dental attention, are to be cared for by ten of the local practitioners. The city health officer and nurse are enthusiastic supporters of the movement.

In the three years of its existence, the School Medical Inspection work of the New York State Education Department has been such a decided success that today it stands as a model for similar work in other states. Three years ago, Dr. Howe, with the aid of one supervising nurse and stenographer, started the work. Last year, there were but four rural nurses, and today there are thirty-three, with the number steadily increasing.

The education department has asked to have an assistant medical inspector, at a salary of \$3,000; a physical diagnostician, at a salary of \$4,000; a nutrition expert, at a salary of \$2,000, and an organizer of classes for feeble-minded children, at a salary of \$3,000.

Most dentists use very little care in the saving of fillings or grindings of precious metals. Other industries are not so careless, and everything that has come in contact with gold is carefully saved.

A jewelry establishment was moving its plant to another building. Someone suggested that a powerful vacuum cleaner be applied to the floors of the workrooms. This was done, and the company received a check for \$297.

A manufacturing jeweler in New Jersey discovered that his employees were being offered free service by a barber around the corner from the plant. He not only cut the men's hair, but insisted on a delightful shampoo. Investigation showed that he was making a nice profit from the filtered water from the basins. The Company now operates its own barbering establishment.

The new building of the Auckland (New Zealand) Hospital and Charitable Aid Board and Dental Hospital was publicly opened on the 14th of November, 1917. The hospital is a handsome two-story building, picked out in red brick, is ideally situated from every point of view. Located in Kitchener Street, adjoining the Magistrate's Court, it is within two minutes' walk of the heart of the city, and yet is practically free from all dust and noise. The lower portion of the building is devoted to the work of the Hospital and Charitable Aid Board whilst the entire second floor, with the exception of a Board-room at the back, is given up to the Dental Hospital and its requirements. The hospital consists of two surgeries, laboratory, recovery room, expectorating room, waiting room, attendants' room, honorary staff room and lavatories. The Board authorized a £500 grant for equipment in all departments, including an X-ray outfit.

The main surgery faces north and east, and has a most charming outlook over the grassy slopes and trees of the Albert Park. This room contains three chairs with space for a fourth, and is electrically fitted throughout.

The second surgery, used as an extracting and anaesthetic room, has also an excellent east and southeast aspect. In close proximity are the expectorating and recovery rooms. Both surgeries are fitted with sound-proof doors. The laboratory opens off the passage, with a connecting door to the main surgery; it is a large room and thoroughly equipped.

The waiting room is removed as far as possible from the surgeries, and between it and the laboratory is the honorary staff room, comfortably fitted up, and containing shelves and bookcases, to accommodate the library of the Auckland branch of the New Zealand Dental Association. Every effort has been used to bring the building throughout up to the requirements of modern aseptic and hygiene science.

In the basement a large area, 35x30, has been fitted up by the Board, at a cost of some £90, to lodge the pathological collection and museum of the branch. This room is lighted by electricity and connected by telephone with the hospital upstairs.

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Petersham, Mass., has neither a railroad, a trolley line nor a resident dentist, but it has an active dental clinic.

A year ago last fall, Dr. Woodbury, accompanied by a local dentist, decided to go to Petersham to make a survey of dental conditions. It was a representative rural community of the more isolated type.

The visitors called a meeting in the Town Hall, and explained their errand. They were welcomed, and in due time the survey was made. Examinations of the children in the Petersham schools were carefully made, and it was found that only 2.7 per cent had mouths in a wholly healthy condition. Thereupon the town voted \$200 for dental care, and private benevolence made up enough more to equip a first-class school clinic.

The clinic was opened April 2, last year. The town pays the operating expenses. Each patient treated is charged a nominal sum an hour for dental work, and a small charge is made for material used. Quite fifty per cent of the town school children had never been to a dentist. Some of those who made their first visit to the dentist's chair were eighteen years old.

Petersham was good soil. And now neighboring towns are developing a new interest in mouth hygiene. They are beginning to recognize the importance of school hygiene to public health. The town of Hardwick, an adjacent agricultural town, and one of the three towns sharing a school superintendent with Petersham, has asked for a lecture on mouth hygiene, and other communities are falling into line.

This Petersham clinic is the first rural dental clinic to be put into operation in the United States. It will not be the last.



Queen Mary's gift of a fine pearl toward a Red Cross necklace to be sold at auction suggests that some of our society women might surrender their platinum jewelry to help win the war.

By Ordinance Requisition No. 510, the Government, through the Secretary of War, has taken over the control of platinum, for the period of the war.

The order, however, does not apply to the purchase of manufactured articles of platinum.

"Guess I ought to give this up," said a friend to me yesterday, as he showed me his heavy, twisted watch chain, made of sections of gold and platinum alternately. The same man tells me he once took to the bank a counterfeit dollar and found that the "base metal" underlying the silver was platinum. The bogus dollar had been made in the days when platinum was cheap. Its value had risen to many times that of the real article.

Ninety per cent of the world's supply comes from the Ural Mountains, in Russia. It would be the best asset of the Bolsheviks, could they get hold of it. As platinum is not attacked by acids, it is invaluable for laboratory crucibles, and it also counts heavily in the manufacture of incandescent electric lamps. Wire with a diameter of one-twelve-hundredth of an inch, has been drawn from it.—*Philadelphia Public Ledger*.

*School Hygiene* has some interesting abstracts from a German magazine. With regard to "Summer Time," Kloss finds that its effects have been uniformly beneficial as regards the children in the towns; it should be maintained after the war. But in the rural districts the children get insufficient sleep; meals have to become irregular, because, although the school hours have been altered to summer time, the peasantry work as ever from sunrise to sunset, and so the household is at work in the fields when the children come home. Teachers hope it will be discontinued in the country after the war. Dr. Langerhans finds nothing but good to the children from summer time. They have just as much sleep; the mothers complain of the children's health, but the changes are due to the bad dietary enforced by the war. He would not have the ordinary school hours begin at eight instead of seven in summer and nine instead of eight in winter. The early hours are best for work, and force others in the household to get up betimes. At a medical inspection of one of the elementary schools in Magdeburg, the girls were noted to be well nourished, the number of sound mouths extremely high, especially among the six-year-olds—a very unusual circumstance. Gohde attributes this to absence of sugar and a simpler dietary.

Since 1914 a group of new hospital buildings, which provides 850 beds, has been erected at a total cost of approximately four million dollars, in the City of Cincinnati. These have been erected and maintained by the Municipality. Also it has what no other city has, a municipality supported medical school. The Medical Department of the University of Cincinnati, which is also supported by a Municipal tax.

The last eight years, in addition to the income from the University, and from students' fees, the Medical School has received over one million dollars in gifts from citizens of Cincinnati. Of this sum, about six hundred thousand dollars has been expended in the erection and equipment of a new Medical School building.

If it is possible to maintain a Medical School in connection with the University of Cincinnati, why not a Dental College as well. We hope that the future has in store a municipally controlled and supported institution of this character.

Ohio has a number of dental schools, and with one exception, dependent absolutely on the income of its student body for support. There is no place in the country where a high grade dental school is more indicated, or would be more joyfully received by the dental profession than in Ohio.



According to Mrs. Iva Mae Hover, Omaha, Nebraska, the dental assistant should know how—

- To talk over the telephone.
- To greet and dismiss patients.
- To at all times think of patients' comfort.
- To make the dental chair comfortable.
- To see that the room is properly heated and ventilated.
- To properly place the fan.
- To apply rubber dam—pass ligatures, place clamp, apply napkins.
- To properly sit at chair.
- To prepare gold foil.
- To anneal and pass gold foil.
- To know correct size of pellet for each particular place.
- To know tooth form.
- To assist the dentist in salesmanship.
- To anticipate the operator's wants.
- To watch operator's nails, tie, linen, hair, breath, etc.
- To make all appointments with patients.
- To frequently call up the waiting list.
- To occasionally call up those for whom we have worked in the past.
- To mix cement.
- To sharpen instruments.
- To prepare rubber dam.
- To prepare large and small face napkin pads.
- To properly use ejector, spray and air syringe.
- To prepare the matrix.
- To prepare the amalgam.
- To know how to handle children.
- To mallet amalgam.
- To sterilize instruments.
- To remind the operator of "things not to be forgotten."
- To keep the diary.
- To invest waxes, dry and cast inlays.
- To know the different instruments in cavity preparation.
- To know when to talk.
- To know when not to talk.
- To be able to know good dentistry from bad.
- To be prompt.
- To be neat.
- To be kind.
- To speak kindly.
- To smile.
- And many other things.

---

The term "safe anesthetic" in the minds of most investigators connotes one which will not kill the patient while it is being administered, or, perhaps, immediately after. With exasperating indifference, however, they forget that the greatest danger from an anesthetic is not what it will do on the operating table, but, rather, the remote effects after the patient has been sent to the wards, by far the most important of which is post-operative pneumonia. For every death on the operating table, there are fifty deaths from the later pulmonary complication. It seems, therefore, a huge mockery that the "safest" anesthetic is proven now to bring in its wake the largest post-operative mortality. With the exception of a sporadic article, mostly on casuistic or statistical lines, no systematic attempt has been made to study this formidable complication, especially from the aspect of prophylaxis.—*American Journal of Surgery*.



# FUNNIES

We want good, clean humor for this page and are willing to pay for it. Send me the story that appeals to you as "funny," and if I can use it you will receive a check on publication.

Address: EDITOR

186 Alexander Street, Rochester, N. Y.



A policeman arrested a man whom he saw jump from a fourth story window. When brought before the Court, the Judge said to him, "No doubt you tried to commit suicide," but the man replied that this was not the case.

The Judge asked, "Why, then, did you jump from the window?"

The reply was, "Some woman lied to me."

"Why, how is that?" said the Judge.

"Well," replied the man, "she told me her husband was in California."

S. A. A., Plainfield, N. J.

Mrs. Murphy—"Sure, it was tin stitches they had to be takin' in me Mike whin he come out of that accident."

Mrs. O'Whoolihan—"Tin? Only tin? Faith, an' whin they pulled me Patrick out of that wrick on the railroad last June the doctor did be sayin': 'An is there a sewin' machine handy?'"

F. S. T., Battle Creek, Mich.

She—"I hear you enlisted."

He—"Yes, joined the National Army of American Jewelers."

She—"What on earth is that?"

He—"They're the boys who are going across to put a new set of works in the 'Watch on the Rhine.'"

A. C. B., Tamaqua, Pa.

This notice posted in a conspicuous place in a Havre, Montana public dining room reads:

"Use one lump of sugar and stir like hell. We don't mind the noise."

G. H. C., Great Falls, Mont.

## A DELICATE MATTER

"Virginia," said Mrs. Smith, "have you seen Miss Edith's fiance?"

"No indeed, mam," said Virginia, "hit ain't been in de wash yet."

"Now, boys," asked the teacher, "can any of you tell me something about Good Friday?"

"Yes, ma'am. He was the feller that done the housework for Robinson Crusoe."

"Ma," roared Mr. Jagsby, "where in the demnition bow-wows is my hat? I can't keep a thing about this house. It's a shame the way things disappear without any apparent reason. I would just like to know where that hat is."

"So would I," replied Mrs. Jagsby, coldly. "You didn't have it on when you came home last night."

Another member of the "Souise familee" staggered into his front door very late one night and very much the worse for wear.

He stumbled over the umbrella holder, almost upset the hat rack and just as he reached the foot of the stairs, by the side of which, standing on a pedestal, was a large jar of gold fish, his wife on the landing switched on the electric light.

This so dazed him that he caromed off the hat rack onto the jar containing the gold fish which went over with a crash and his wife cried "Gracious! Henry, what on earth are you doing" and as he waded through the mess on the floor and shook himself to get rid of the water with which he was soaked he said "I'll teach them dam goldfish to snap at me as I pash."

In the treatment of suppurative lesions of the gums, wherein stimulating restorative antiseptic influence is indicated, prescribe

## LISTERINE

For cleansing and purifying the oral cavity before and after operations on the teeth, a cooling, refreshing spray, wash or gargle is provided by

## LISTERINE

As an adjunct to the dental toilet of your patients; as a prophylactic tooth and mouth wash, for daily use, there is nothing superior to

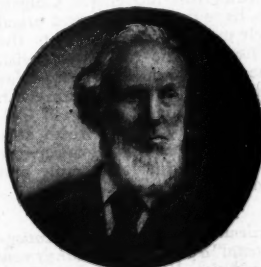
## LISTERINE

Booklet "The Teeth and Their Care" emphasizes the importance of frequent consultation with the dentist, and contains useful information for patients; 200 copies, imprinted with professional card, furnished gratuitously.

Dental examination blank combining chart and Notice to Parents, suitable for dentists doing clinical work among school children, also supplied without cost. Dentist's name and address printed thereon.

### Lambert Pharmacal Company

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### A Practical Formula

This formula, developed by a dentist, has proved so satisfactory to so many dentists in performing oral prophylaxis, that we are glad to publish it again.

Mix DR. LYON'S TOOTH POWDER with an indicated amount of flour of pumice, a few drops of glycerine and  $H_2O_2$  (Hydrogen Peroxide). This forms a thick paste that does not fly.

After the above treatment, to get a high lustre, many use DR. LYON'S POWDER dry on an orange stick.

If you are not already using DR. LYON'S products this is your opportunity to become acquainted with the ethical, standard dentifrice which bears the signature of a dentist.

## Dr. Lyon's

*The Dentifrice that made fine teeth fashionable*  
Powder Cream

A pound can will be sent to you, all charges paid, on receipt of your request on your stationery or professional card.

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*Preferred by the profession for what it does, and does well—and for what it does not do, and makes no claim to do.*

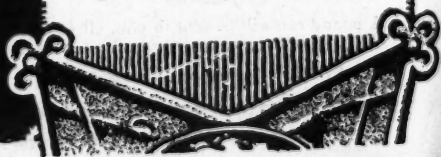
DENTAL lieutenants and dentists in private practice who treat new men in the service have found much unfortunate ignorance as to the importance of the teeth and their care. Of late years, however, this lack of knowledge on the public's part has been lessening, thanks to educational work done by dental clinics, infirmaries, agitation in magazines, etc.

To further this movement Colgate & Co. have for a long period urged in their public announcements the vital need of the twice-a-year visit to the dentist and the "twice-a-day brushing." This co-operation with the profession has emphasized Colgate's Ribbon Dental Cream as a safe, sane and thorough cleanser—the kind you want for your family and patients.

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A reducing solution giving instant pre-  
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## Against Pyorrhea

- the Dentist
- Cato Tooth Paste
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Hydrochloride Tablets

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"I have dismissed children in June and July with fixed appliances in their mouths, with careful and detailed instruction to thoroughly brush their teeth morning and night, using PEPSODENT paste. Some of the children followed my instructions, and in spite of the fact that appliances interfered considerably with brushing, they have returned in the fall with appliances bright and teeth free from food debris.

.....D.D.S."

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There's a Reason for Calox Being a Powder

CALOX contains available Oxygen in the form of compounds, which, when coming in contact with water or moisture, form Hydrogen Dioxide. This substance rapidly decomposes in the presence of organic matter, generating active or nascent oxygen.

Thus a paste containing Peroxide of Hydrogen would lose all its Oxygen in a few minutes.

Available Oxygen can only be had in the form of a Powder, and

## CALOX

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### OXYGEN TOOTH POWDER

To prove it, just pour a little solution of potassium iodide on a piece of white blotting paper, sprinkle a little CALOX on it and note the blackening of the paper due to the action on it of the iodine set free by the nascent oxygen. Then try the same experiment with a so-called "peroxide paste" and note the absence of any discoloration. You cannot put Oxygen in a paste.

Oxygen is Nature's purifier, and its use in CALOX TOOTH POWDER is one of the greatest advances in oral hygiene in recent times.

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Established 1833

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“I used a germicidal cement in that cavity which will absolutely prevent extension of decay—without risk of unsightly discoloration, for it WILL NOT DISCOLOR IN THE MOUTH”

**Y**OU may or may not be in the habit of explaining to patients the reasons why you employ certain materials.

But—whether you say anything about it or not—your interest in the patient's side of the case is just as keen.

And so is ours.

For although we do not know your patients, and they do not know us, we realize our obligation.

And, looking at the thing selfishly, we know how largely success depends upon the patient's satisfaction.

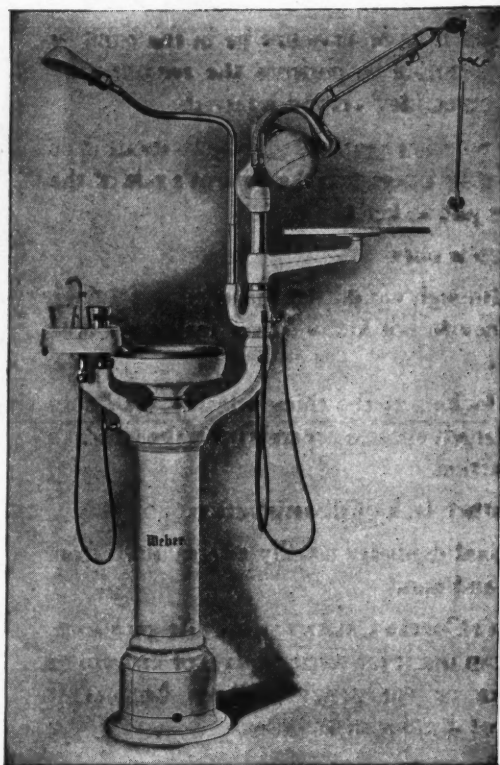
Or, rather, lack of dissatisfaction.

For good dentistry usually effaces itself from sight and mind.

SMITH'S COPPER CEMENT is the safe germicide. You can use it for setting inlays or crowns or bridges or for general fillings, because it *will not discolor in the mouth.*

*Smith's Copper Cement is made in eight light shades  
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For **ALVATUNDER** is a potent antiseptic, as well as the safe and effective local.

**ALVATUNDER**—the oldest local—is made by  
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Narcotic blank required only, for its a preparation

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Any defective or deteriorated Retainer will be exchanged FREE of charge.

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Made from Dr. Frink's Kloramides is chemically correct. The dentist who has not used these preparations in chronic abscesses that no other treatment would affect has a pleasant surprise coming to him. The same will apply to Pyorrhea.

Non-toxic, non-caustic, non-irritating.

54 times the efficiency of carbolic acid.

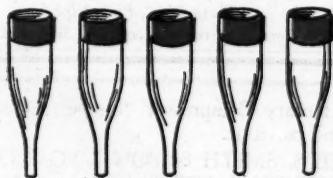
Specific in treatment of Pyorrhea, Putrescent Pulp, Abscesses and after extraction.

A \$2.50 all glass syringe for.....	\$0.90
Hypo needles to fit above .....	.10
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*that say "Here I am!"*

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First: Jiffy Tubes are now 60c a box, instead of 50c.

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**PENNSYLVANIA BUR RENOVATING CO.**  
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 Gross, \$2.50; Dozen, 25c—returned postpaid. Send thru dealer or direct

The Vernon Rotary Compressor "hooverizes" current—it's economical and patriotic.

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Send for recent bacteriological tests and testimonials, or place order with your dealer.

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 MODEL C-P \$35

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Make your plates so they stick like bridge work, and bridge work that is removable and sanitary. The Bischof-Otrich Attachment may be used in any case (upper or lower) where there are two dependable teeth or roots in position. There are two methods of application: the low cut root, or crown saddle attachment. Made of highly platinumized metal.



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Anybody can plug a cavity, but it takes a real dentist to prevent their occurrence.

SUCH A MAN  
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**THE**

## ROLLING TOOTH BRUSH

To aid his patients in having clean teeth. You never regret using and prescribing it.

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**The Rolling Tooth Brush Co.**  
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*This tube of SENRECO will be mailed post-paid to your address with our compliments if you will simply write your name and address on the margin or send us a postal or your professional card.*

You  
can get  
patients to  
use Senreco—  
regularly and  
faithfully.

Senreco is the super-dentifrice, because its usefulness is not limited to the ordinary functions of a dentifrice.

Senreco-cleanses—thoroughly.

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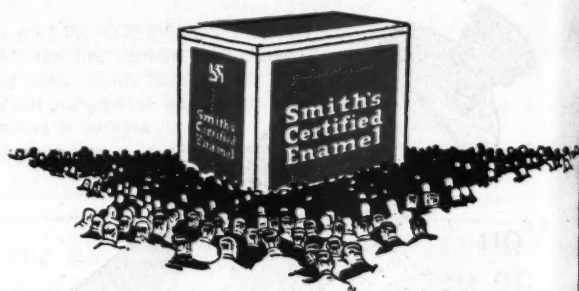
It tones the gums.

And—because it is pleasant-tasting—it's easy to get patients to use Senreco—regularly and faithfully—in harmony with your instructions.

Get the free trial tube. Learn the extent of Senreco's usefulness in pyorrhea cases.

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Masonic Temple, Cincinnati



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Those who are using it know the reasons why.

They are familiar with its delightful working qualities.

They know how smoothly it mixes—how sticky it is.

And they know how far it has extended the range of esthetic restoration.

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Make a mix.

For mixing is believing!

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Dentists have placed their seal of approval on the use of Prophylax-O Tablets (Gardner)—the perfect tooth cleaning tablet.

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- Top center:* Wheeler, M. B. Hull, J. W. White, D. D.
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Established 1850

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Although it is strongly antiseptic and cleanses thoroughly, Dr. Sheffield's Creme Dentifrice is exceedingly bland. Its action is so delicate that it may be safely used on gold, porcelain or alloy, without the slightest danger. It is the best tooth paste we can make at any price.

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EFFERVESCENT  
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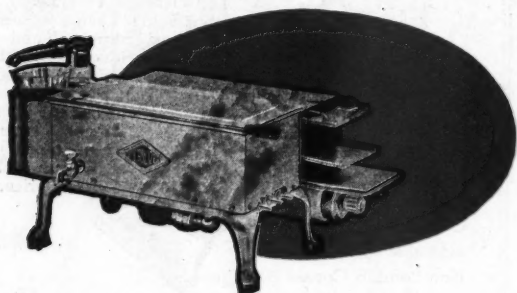
Materially aids the Local  
Treatment in Pyorrhea

SAMPLES ON REQUEST

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## "Halversonized means Sterilized"



## The Master Halverson

**T**HIS NEW HALVERSON embodies every requirement of a perfect sterilizer—and then some. It is easily the world's leader in portable sterilizers.

### Note its features

Wet sterilizer unit  
Dry sterilizer unit  
Red signal light  
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Two cool lifting handles  
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Nickel-plated outside  
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### The dry-air unit

—with three different degrees of heat will sterilize cotton pellets, gutta percha points, canal absorbent points, clamps, broaches, etc.; will warm impression wax, dry out inlay investment or dry your instruments and permit removal to cabinet without contamination. ¶ A great help in canal operations. This dry-air unit is always ready for service when plugs are inserted in wet sterilizer, and may be used simultaneously. Order one today from your Supply House.

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The nearest approach to a clasp metal that contains a high percentage of platinum.

Our Government requires all the Platinum for war industry.

Williams "Buffalo Clasp" is made from a natural alloy which in itself contains a small percentage of Platinum and Paladium, but not sufficient to warrant recovery.

It fuses at 1860° F., is very stiff and elastic and can be soldered with the highest fusing solder.

It partially retempers itself after annealing when plunged in cold water.

Made in Plate and Wire, all gauges.  
Price, \$1.35 dwt.

THE WILLIAMS GOLD REFINING CO.  
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Hooverize Your Diet  
AND  
Strengthen Your Constitution

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Economize Your Facing Purchases  
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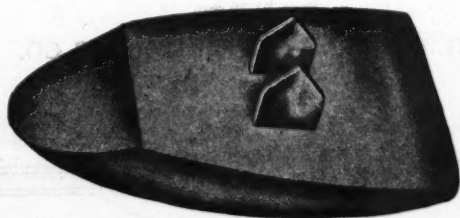
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TWENTIETH CENTURY PORCELAIN  
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"Dic" (Flat Pin) Construction

*IT'S THE LAST WORD*

Write your dealer for quantity prices

GOLDSMITH BROS. S. & R. CO.




**Dic Facing  
(Flat Pin)  
Patented**

Always say "ORAL HYGIENE" when you write advertisers.

## DID YOU EVER THINK OF IT THIS WAY?

Temporary stopping commonly used many times a day, is considered by some dentists as a more or less unimportant article. But, because it is used so often, that is all the more reason why it should be a satisfactory and "pleasing to work with" article. It is mostly the little happenings, after all, that make up the day's work. If these little events have been satisfactory at the end of a hard day's work you are left with a contented and peaceful feeling. We have considered these points in perfecting our formula, and have made it accordingly.

 Send this ad and 12c in stamps for full size box, (as sample) of  
**HONESTY TEMPORARY STOPPING**

Regular prices are, per box, 40c 6 boxes, \$1.50 12 boxes, \$2.75

Eliminate some of those "little troubles"

**FRANK A. REED MFG. CO.,** Beloit, Wis. Your dealer has it or will order it for you.

Endorsed by  
Hundreds of  
Dentists

**Jodo-Formagen Cement**

Used in  
Thousands of  
Cases

Made in U. S. A.

Trade-Mark registered

Used successfully in painless treatment of highly inflamed or exposed pulps by spreading a thin layer over the pulp. It keeps the pulp alive. A permanent filling may be inserted at the same sitting. Not a failure reported since the year 1897. It is an old and tried friend, always ready to help in time of trouble.

Regular size package \$2.00. Double size package \$3.00.

For sale by all dealers

For full particulars and literature send to

**GUSTAV SCHARMANN,** 1183 Broadway  
NEW YORK

*They're Twins!*

*What Shall We Call Them?*

Here's the situation. New members of the BOILO family of dental mirrors have just arrived. They have reflecting surfaces on both sides and are in all other respects equal in quality to the older brothers.

The question of a name is perplexing so we have decided to ask the readers of ORAL HYGIENE to help us. To the Dentist who suggests the name selected by the judges we will give two dozen BOILO Mirrors (any style). For the next best name we will give one dozen BOILO Mirrors and the third prize will be six BOILO Mirrors. All mirrors will be complete with DeLuxe Mirror Handles.

*The Judges who will select the names will be W. Linford Smith of Lee S. Smith & Son Company, Merwin B. Massol of Oral Hygiene, Alexander A. Anzell of Specialty Manufacturing Company.*

There are no conditions. Simply send as many suggestions as you wish. Winners names will be announced in the July Issue of Oral Hygiene.

**SPECIALTY MANUFACTURING COMPANY**

Makers of "BOILO" Mirrors

15 Spruce Street

::

NEW YORK

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## INVITATION.

This little card invites you to join in conserving overhead expenses and to assist in cutting out a tremendously large and expensive sales force and extensive advertising to create demand as they call it, all of which purchasers must pay at a time when the necessary cost of skilled labor and highest quality material makes the price sufficiently high.

THE HARVARD COMPANY by using the most scientific and up-to-date machinery keeps the cost of labor to the minimum and by cutting out extensive advertising and excessive sales force makes a saving which results in HARVARD Purchasers getting more of skilled and scientific labor and more than double that to be had elsewhere of expensive highest class material, brass, steel, malleable iron etc., as against cast iron now generally employed since the cost of higher grades of material have gone sky high.

To him who examines the PEERLESS HARVARD these facts are verified and the Chair itself creates its own demand. The U. S. Government purchasing Boards, the most exacting and discriminating in the World, for more than four years before the War, bought none but PEERLESS HARVARD CHAIRS for use of the war department and Naval Hospitals and Battle Ships in which they are particularly useful because often far from base of supplies, and the PEERLESS is so well designed and of such high class material that it gives no trouble.

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Industrial Corporations have taken notice of the highest worth in PEERLESS and have purchased them to an unprecedented extent.

It was these high qualities, utility, beauty, workmanship and material that so impressed an International Jury of Scientists at the greatest of all Expositions, Pan-American at San Francisco, that they awarded the PEERLESS HARVARD, only, the highest honors. GOLD MEDAL. If you will accept our invitation and examine the new PEERLESS, you will be as these other discriminating purchasers have been, more favorably impressed by the chair than by the larger sales forces

working up the demand of competitors, and the worth of your money will be in the Chair rather than in the cost of selling to you. Write us about it!

### THE HARVARD CO., CANTON, OHIO

Branches: Suite 1100 Marshall-Field Annex, Chicago; 1403 Widener Bldg., Philadelphia, Pa., 45 W. 34th St., New York. J. J. Crimmins Co., 136 Boylston St., Boston, Mass., General Sales and Distributing Agency for New England.



Always say "ORAL HYGIENE" when you write advertisers.



# NEW Anchor Attachment for Bridge-Work

Perfectly Sound Teeth used  
for Abutments not Destroyed  
by Crowns

NO CROWNS OR INLAYS.

NO DEVITALIZATION.

NO IRRITATION OF THE GUMS.

SAVES TIME AND MONEY FOR THE  
DENTIST.

WORTH MORE TO THE PATIENT.



Figure 1.  
The Anchor Attachment.



Figure 2.

Shows the Anchor attachment placed in the  
slits which have been prepared in the teeth  
and the sliding bar adjustment to the proper  
length.



Figure 3.

Shows the Anchor attachment with  
dummies attached



Figure 4.

Shows bridge in position.

# The True Joint Crown Attachment

PERFECT ADAPTATION

for  
PORCELAIN CROWNS

A Perfect Joint.

No Guess-work.

No Uncertainty.

Prevents Leakage and  
Consequent Decay.

Saves Time in Grinding  
of Root.

Especially Valuable for  
Broken-Down Roots,

Easily and Quickly  
Manipulated.

Commands Larger Fee.

The T. J. Crown Attachment  
consists of two disks of very  
Malleable 24K gold, separated  
by a layer of soft wax.



Fig. 1

With the disk and por-  
celain crown on post,  
mount same on root.  
(See Fig. 2). Make  
sure that the wax is  
warm, and press  
firmly to position. The  
soft layers of the disks  
will conform perfectly  
—the one to the base  
of the crown, the other  
to the root, and the  
surplus wax will be  
squeezed out. Then  
carefully remove and  
investigate.



FIG. 2.

Burn out the wax between the disks and  
fill the same with solder. Trim and polish  
the margins and the disk is ready to set.  
The attachment will fit back into position,  
making an absolutely perfect joint at all  
points between the root and the crown.

Full Description from Your Dealer, or

GENERAL AGENTS

**THE DENTAL SPECIALTY COMPANY**

1638 California Street

DENVER, COLORADO

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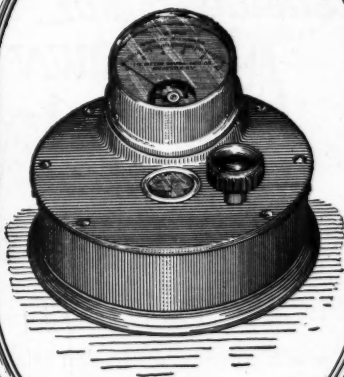
## *Green Carborundum*

—because the green  
is the purest, and  
therefore the quick  
and cool-cutting  
kind.

Lee S. Smith & Son Mfg. Co.

ASPINWALL

PITTSBURGH, U. S. A.



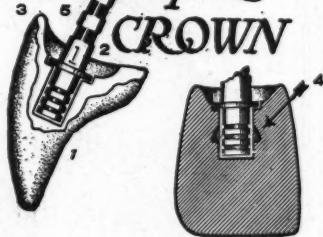
### The Ritter Portable Ionization Equipment

Electrolytic Medication admits of unlimited possibilities in the hands of the successful practitioner.

Have you received your copy of "Electrolytic Medication" (Ionization)? Cloth-bound Book, mailed upon request.

**THE RITTER DENTAL MFG. CO.**  
Rochester, N. Y.

## JUSTI detached, shoulder pin CROWN



### SPECIAL FEATURES

**THIN BITE** which corresponds to that of a natural tooth—Feature No. 1, as shown in illustration.

**LONG ROOT SURFACE** with additional porcelain at the lingual end of the base that the crown can be fitted to a smaller root base by grinding away the porcelain and not interfering with the cement cup—Feature No. 2.

**HIGH LABIAL FACE** so that the crown can be brought up under the cervical gum margin—Feature No. 3.

**UNDERCUTS** on the side for retention of the cement and pin—Feature No. 4.

An **ALLOY PIN** that has the requisite tensile strength and can be cast with a 24 kt. Gold base—Feature No. 5.

**H. D. JUSTI & SON**

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Effective, sure and safe, is a wholly satisfactory substitute for cocain and all other dangerous, secret dopes, with none of their bad effects.

## *The Anesthetic Without Cocain*

For all local injections—mucosa, infiltrative and conductive.

Superior in every way to preparations containing cocain or any of its derivatives.

Free yourself from the uncertainties and dangers always attendant upon the use of cocain and other harmful narcotics.

Use *Nontoxo* and sleep well o'nights.

Especially indicated in Nerve Blocking.

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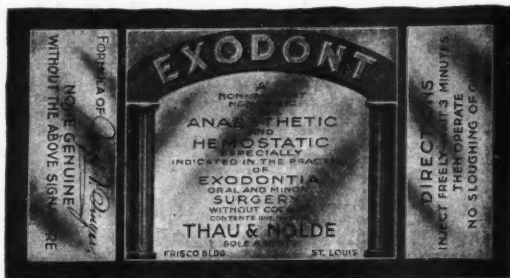
Formula well known to dental and surgical professions. Has been published continuously for years. Secrets are dangerous. Analysis on every bottle.

**BEWARE!** Avoid anesthetics for which Government Order Blanks must be used. They contain cocain or some other dangerous narcotic.

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TOLEDO, O. U. S. A.

NO HARRISON-LAW BLANK REQUIRED

# No Government blank required for



—the non-irritant, non-toxic local. Best for exodontia as its name indicates.  
Price: Per ounce, \$ .60; 10 ounces \$5.00.

Ask your dealer or Sole Agents

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FRISCO BLDG.

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*Dr. R. B. Waiter's*

**ANTISEPTIC LOCAL ANAESTHETIC**  
WITH COCAINE WITHOUT COCAINE  
(Novocain)



**IT IS ABSOLUTELY STERILE**

Needs no boiling

**IT IS ABSOLUTELY PURE**

Every ingredient 100% Proof

**IT WILL NOT DETERIORATE**

But will keep indefinitely

**IT IS A PERFECT ANTISEPTIC**

Therefore the tissues heal quickly and perfectly

**PRICES**

\$ .70 per oz. in one and two oz. bottles

.75 per box of twelve 1½CC ampules

1.00 per box of twelve 2½CC ampules



MANUFACTURED ONLY BY  
**THE ANTIDOLOR MANUFACTURING CO.**  
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# SELF RETAINING COTTON ROLL HOLDERS

(Patent applied for)

**Cotton Roll Holders** right and left. Hold any size roll long or short. When adjusting crowns, bridges, etc., holder and rolls can be quickly removed to get proper occlusion. May be held by patient to direct the mind from operation. Swing handle back under chin to make self-retaining.

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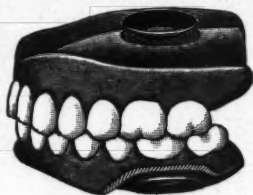
Price per pair \$4.00

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## Did You

ever stop to compare prices when having a plate retainer attached?

Your laboratory will insert the "EUREKA" for \$.50. What are you paying? It is unnecessary to pay more.

You can readily obtain extra fees for Dentures with the "EUREKA" inserted.

Upper or Lower  
\$2.00 PER BOX OF SIX

**Eureka Suction Co.**  
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## Training School for Dental Hygienists

at the  
**Forsyth Dental Infirmary  
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Regular Course  
12 months, fee \$100

Special Course to  
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**Next Term Begins Oct. 1st, 1918**

Further information  
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Magazines, Professional Journals, Lecturers and Efficiency Advocates never cease hounding the dentist and doctor about their uncommercial spirit and lax business methods. Although we are confident that the situation is grossly exaggerated, we feel there is room for improvement. As a purchasing agent the dentist is often shortsighted and unscientific in regard to dress which affects both the dentist and his patient—



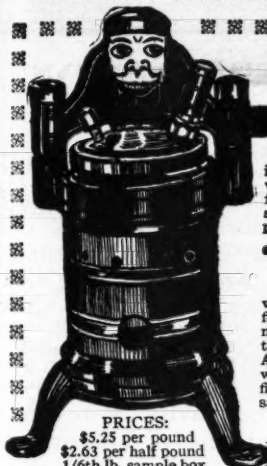
### YOU DOCTOR!

Can do better work when your coat brings comfort, when you know you look progressive and up-to-date, and when your neat appearance has won the patient's confidence. Our reputation has been built on our ability to serve each and every dentist as he wants to be served—plus Preshrunk goods

### SPRUCE UP DOCTOR!

Write us for samples, stating color preference. Let us prove to you what we have proved to hundreds of nationally prominent dentists—that we offer perfection in dental coats at a cost but slightly in excess of that asked for inferior garments

**Write Today—Manhattan Coat Factory, 3223 North Halsted Street, Chicago**



## The Vulcanizer Speaks—

"THIS IS MESSAGE  
No. 5 TO DENTISTS:

Did you know that the usual red coloring used in base rubbers not only makes your finished plate very heavy, but detracts from its strength? Perfect plates should be light, thin and exceedingly strong, to assure durability and comfort to your patient. This may be guaranteed by the use of

### "GOLDDUST" RUBBER

(Trade Mark Reg'd. U. S. Pat. Off.)

which is a compound of pure Para rubber and finely pulverized aluminum. There is just sufficient metal to give the necessary strength, permit thorough heat conductivity and uniform density. And when your plate is polished, it is the aluminum which helps to give it that high, lustrous, beautiful finish which sends your patient away entirely satisfied".

Pin \$1.00 to Coupon opposite and send it in.

Atlantic Rubber Manufacturing  
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PRICES:  
\$5.25 per pound  
\$2.63 per half pound  
1/6th lb. sample box  
(about 5 sheets) \$1.00

### TRAUN RUBBER COMPANY

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O.H.5  
Enclosed \$1  
for sample box  
of "Golddust."

Dr.

One application of

## ULTRA-FOR-PYORRHEA

Will convince you that our claims are not exaggerated

Will satisfy the patient and surprise you. The method of treatment, and ULTRA are different than you have used before. Get up-to-date. Don't tell your patients that the forceps are the only cure for Pyorrhea. Your neighbor is using ULTRA. HE KNOWS. You can learn about it by asking for literature. No Samples.

PRICE \$1.50 per bottle dealer or direct.

## THE ULTRA COMPANY

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## CAVITY PREPARATION FOR AMALGAM



A maxillary molar with cavity preparation for amalgam on the disto-occlusal surfaces.

Probably more amalgam restorations fail because of lack of proper cavity preparation than from any other one cause.

The outline form of a cavity for amalgam should be broad where the occlusal and proximal portions of the cavity join, the angles should be slightly more retentive than for gold, the enamel should be beveled for its entire depth. With these slight exceptions cavity preparation for amalgam should be the same as cavity preparation for gold foil.

Correct cavity preparation is the foundation for a Crandall Amalgam Restoration. Correct proportions of alloy and mercury, correct amalgamation, thorough condensing, and carving to restore anatomical form are equally important.

*Crandall's Scientifically Tested Non-Zinc Alloy supplements this technic by providing a correct material. It is tested for expansion, certified, dated, absolutely free from zinc.*

*Crandall's Scientifically Tested Non-Zinc Alloy is made in the Laboratories of*

### THE CLEVELAND DENTAL MFG. CO.

Standard Forceps, Elevators  
and Extracting Accessories



Crandall's Scientifically  
Tested Non-Zinc Alloy

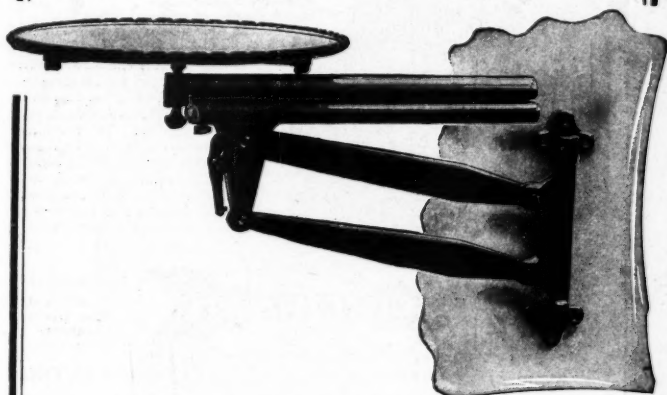
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Clev-Dent Hand Operating Instruments  
Calxine Vyvex

Metric Burs

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## For Discriminating Dentists



Unconsciously, we surround ourselves with belongings that express our personality,—almost as unconsciously others judge us by our surroundings.

A Peerless Folding Wall Bracket and Peerless Aseptic Bracket Table in your office will speak to your patient of your sense of the fitness of things. They are beautifully designed, easily and noiselessly operated, shining with cleanliness.

Peerless Brackets are enameled in gray, white, Mahogany or Circassian walnut. Peerless Tables are Argentine glass with nickel-plated rim, notched for holding instruments.

THE CLEVELAND DENTAL MFG. CO.  
CLEVELAND, OHIO, U. S. A.





This is one of our most helpful hints

### Continuous Sale

**American Burs**  
LIBERTY Assortment **\$8.50**

A complete assortment of all shapes of Burs used in the various operations in Dentistry



This case contains one gross—4 dozen Right Angle, 8 dozen Straight Handpiece burs. Price including Bur Case \$8.50. On the return of an empty case we make an allowance of 50c. This is a special offering of burs in an attractive and useful bur case and is receiving especial attention on account of the big value each case contains, order thru your dealer. Place your order now for Liberty Burs. Uniform price and assortments \$8.50.

Established 1872

Makers of the celebrated Sam'l A. Crocker Co. Specialties



Incorporated 1911

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Ohio Dental and Surgical Depot

CINCINNATI, OHIO



## The Safe Treatment for Pyorrhea



Stimulates without destructive irritation

Relieves the Blood Stasis

Contracts the Arterioles

Restores Normal Circulation



Does Not Destroy Tissue

Helps Nature to Help Herself

### ORYL DENTAL CREAM

The co-operative home treatment

Contains 8% Oryl Liquid  
Insures mouth health and keeps the teeth clean

*Samples Prove It*

Dental Products Company

5 So. Wabash Ave.

CHICAGO

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ABBOTT

Made in America by a Purely American Concern



USE CHLORAZENE  
IT'S HARMLESS AND  
NON-TOXIC

**T**HE most powerful, the safest and most convenient antiseptic for oral surgery, lacerations, extractions, abscesses, pyorrhea and mouth wash. Highly endorsed by leading dentists

***Give Chlorazene a Trial  
Send for Free Sample Tube of 10 Tablets***

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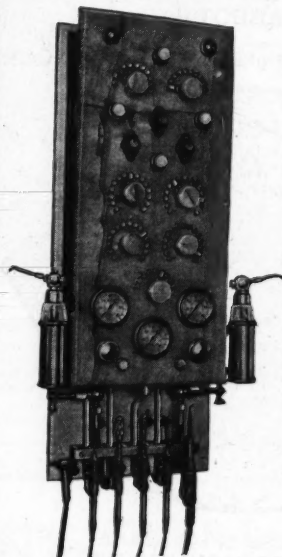
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ELECTRO DENTAL MFG. CO.



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YOU  
SAVE  
BY NOT  
BUYING  
A  
SWITCH-  
BOARD  
LAST  
YEAR?**

**Just How Much *DID* You Save?**

Your friend, the depot salesman, saw that you *needed* a switchboard and suggested that you buy it. No, you would "wait until the war was over," "couldn't afford it this year," etc.

**SAVED**

Switchboard	\$200.00
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$\frac{1}{2}$ hr. per day at \$3.00 per	
hr. (250 days)	\$375.00
Wasted Energy	?
Lost Prestige	?
Increased Fees	?

***You deceived yourself—You lost rather than saved.***

**DON'T REPEAT THE ERROR IN 1918.**

**ELECTRO DENTAL MFG. CO.**

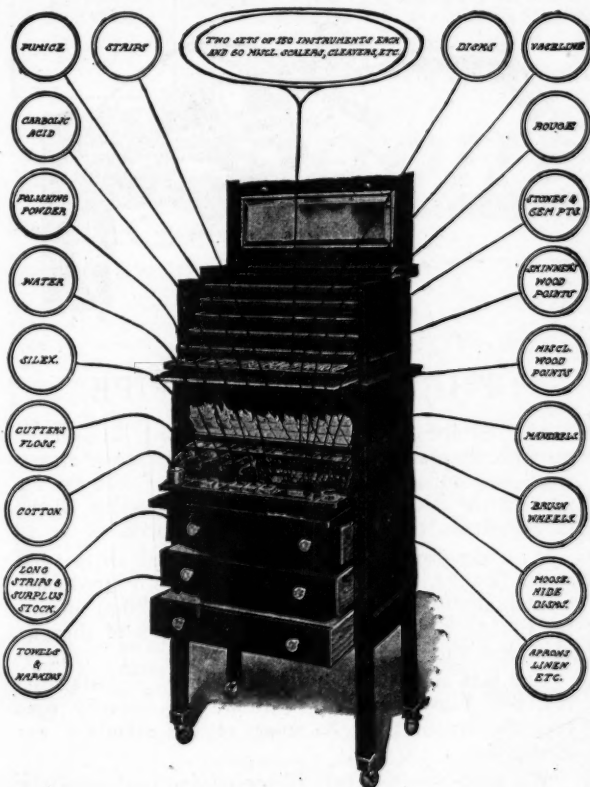
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# Prophylactic Cabinet No. 99



This cabinet was designed especially for prophylactic work. Everything needed is at your finger tips.

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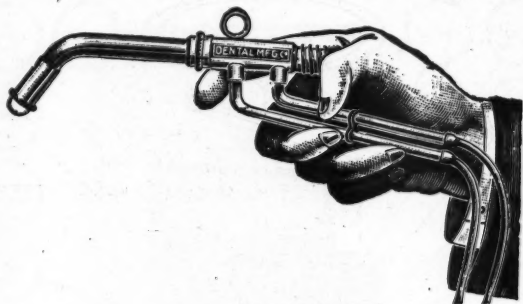
## The American Cabinet Company

Rahway, N. J.

Two Rivers, Wis.

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## AND THE No. 6-F, BLOWPIPE

A Prestolite tank with reducing valve, connected up with the gas pipe on a No. 6-F Blowpipe, and a small size Buffalo Foot Blower, connected with the air pipe on the Blowpipe, forms a most admirable Blowpipe outfit.

With the proper adjustment of gas and air, a very small flow of gas and gentle blast of air producing best results—the blowpipe will deliver a more intense flame than ordinarily obtained by means of the gas blowpipe, and yet under perfect control.

The man who has acquired the knack of using the No. 6-F Blowpipe with Prestolite Gas usually prefers the combination to most of the standard gas blowpipes.

We send the No. 6-F Blowpipe for trial with the privilege of returning, either direct or through your dealer. Send \$2.50, or the name of your Dealer.

**Buffalo Dental Manufacturing Co.**  
**Buffalo, N. Y., U. S. A.**

Catalog "D" tells all about heating appliances for the Dentists Laboratory. **WANT A COPY?**

**Suits  
Every  
Taste**

Sixty years ago Sozodont was first put on the market. It made a Hit. Dentists quickly discovered that it combined the essential of a good dentifrice, it is harmless to teeth and gums; effective in keeping the teeth clean; a pleasing anti-septic mouth wash.

**THEY RECOMMENDED IT**

# Sozodont

**YOU CAN RECOMMEND IT**

Dentists in every civilized country of the world, for over half a century, have known that they took no risk in recommending Sozodont. The only "Three-of-a-Kind" dentifrice—to suit the taste of any patient. LIQUID Sozodont pleases EVERYBODY.

**HALL & RUCKEL, 315 Washington Street, N. Y.**

**Liquid  
Powder  
Paste**

*When you spend a dollar for a box of*

## **Burlew Cleaning and Polishing Discs for Oral Prophylaxis**

you get more than just a box of Discs. You get freedom from the messy brush-and-pumice job. You get more efficient cleaning and polishing with greater ease. You get something which pleases patients because it is the quick and the clean way to clean teeth clean.

**You can use BURLEWS for**

*All general cleaning and polishing  
Cleaning and polishing gold inlays  
Cleaning and polishing silver fillings  
Cleaning in connection with Pyorrhea treatment.*

**Prices :** Box of 30 Discs (wheel shape) . . . . . \$1.00  
Box of 20 Discs (cup shape) . . . . . 1.00  
Box of 25 Discs (asst. wheel & cup shape) . 1.00

*At your Dealers' or direct from the Sole Sales Agents*

**J. F. JELENKO & COMPANY**

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Patented  
Feb., 1917

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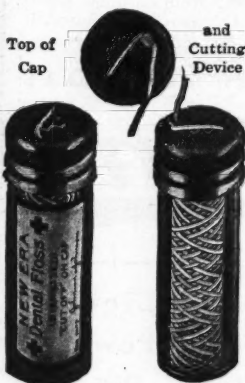
# FIX IT IN YOUR MIND

## New Era Is The Name

JOHNSON & JOHNSON'S

## Floss Silk in Glass

With air-tight rubber eyelet



Handled by aseptic methods and guaranteed surgically clean. This is demanded as an essential quality for floss used as dental ligatures and other purposes within the mouth.

Manufactured within our factories from the best grade of stock, for dental and surgical uses only, and waxed with pure beeswax, it is the best floss to be found for operator or patient, and it costs but little more to have the best.

12 Yds. waxed, each in glass container, per doz.	\$ 1.80
24 " " " " " " " "	3.00
150 " " " " " " " "	each 1.45

NOTE: Johnson & Johnson are the originators of dental floss silk in glass containers. The container has been imitated which must be construed as open praise and an admission of superiority, but the methods of preparation are not imitated nor the quality equalled.

Sold by leading Dealers in Dental Supplies  
in every country in the world

**Specify Johnson & Johnson's**

**Johnson & Johnson**

New Brunswick, N. J., U. S. A.

## A WIRELESS TIP

Let us put you wise to the fact that the virtues of Carbol Eugenol cannot be hidden or confounded. It is so different in action from anything else, so unique and distinctively itself, that it cannot be camouflaged. We are sure that we use camouflage advisedly, for we asked a member of the City Council what it meant and he said his wife told him that she heard Mrs. Blattermouth tell Mrs. Bluster that her husband said that Dr. Everwise told him that Professor Knowitall said that camouflage means deception.

There is nothing deceptive about Carbol Eugenol, nor is it in any sense disappointing. Carbol Eugenol more nearly performs the functions of healthy dentine than anything that science has ever devised. It has won the unqualified approval of more than forty thousand dentists who use it extensively and successfully in daily practice. It has achieved this proud distinction purely as a reward of merit.

Doctor, if Carbol Eugenol is not in your repertory—why not?

*Your dealer can supply you.*

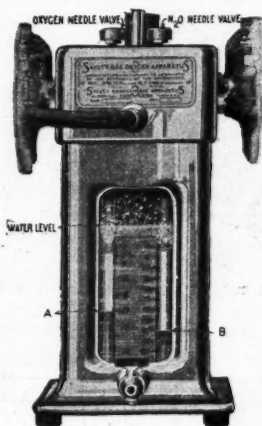
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# SAFETY GAS-OXYGEN APPARATUS



SIMPLIFIES  
the administration of  
**NITROUS OXIDE AND  
OXYGEN**  
for the production of  
**ANAESTHESIA AND  
ANALGESIA**  
in **DENTAL PRACTICE,**  
Obstetrics and Major or Minor Surgery.  
Simple to operate,  
Economical in gas, Perfect in results

## Note the Positive Sight-Feed-Measurement

Any mixture instantly obtained and accurately maintained by the Needle Valves.

The Water levels "A" in the Oxygen and "B" in the Nitrous Oxide delivery tubes being forced down by the flowing gases clearly indicate the percentage.

No unreliable spring gauges, high pressure bags or delicate mechanisms of any kind to get out of order; employing hydrostatic regulation, these models are always accurate and reliable.

This apparatus places within the reach of every DENTIST the Simple, Safe, Efficient and Economical administration of Nitrous Oxide and Oxygen in every-day practice.

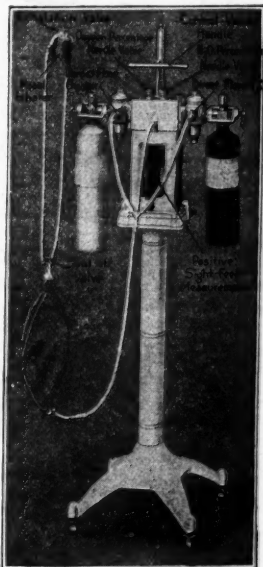
Manufactured in 3 models "D," "E" and "F"

Model "D" Dentist's Special  
A One-Man Apparatus

Write for illustrated booklet containing full information

# SAFETY ANAESTHESIA APPARATUS

1422 Bryan Place CON CERN Chicago, Illinois



# S. S. White Paper Disks

"THE GRIT STAYS ON"

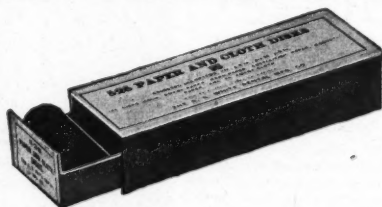


Every S. S. White Disk is clean cut, accurately centered, stiff, tough, and moisture proof.

There is a complete variety of grits and sizes for every need.

Boxes of 100 Paper Disks (any size or grit) - each \$0.12

KIND	SIZES	GRITS
Sand, Emery and Carborundum Paper	$\frac{1}{2}$ , $\frac{5}{8}$ , $\frac{3}{4}$ , $\frac{7}{8}$ inch	00, 0, $\frac{1}{2}$ , 1
Garnet Paper	$\frac{1}{2}$ , $\frac{5}{8}$ , $\frac{3}{4}$ , $\frac{7}{8}$ inch	00, 0, $\frac{1}{2}$
Cuttlefish Paper	$\frac{1}{2}$ , $\frac{5}{8}$ , $\frac{3}{4}$ , $\frac{7}{8}$ inch	Fine and Regular
Crocus Paper	$\frac{1}{2}$ , $\frac{5}{8}$ , $\frac{3}{4}$ , $\frac{7}{8}$ inch	Fine only
Emery Paper (French)	$\frac{1}{2}$ , $\frac{5}{8}$ , $\frac{3}{4}$ , $\frac{7}{8}$ inch	Fine only



Popular assortment of 525 paper and cloth disks comprising Emery, Sand, Cuttlefish Paper and Emery Cloth in all sizes and grits made - - - - - per box \$0.60

For sale by Dental Dealers and at our Houses.

Handsome sample card showing full line of S. S. White Disks and Strips mailed free upon request.

## THE S. S. WHITE DENTAL MFG. CO.

"Since 1844 the Standard"

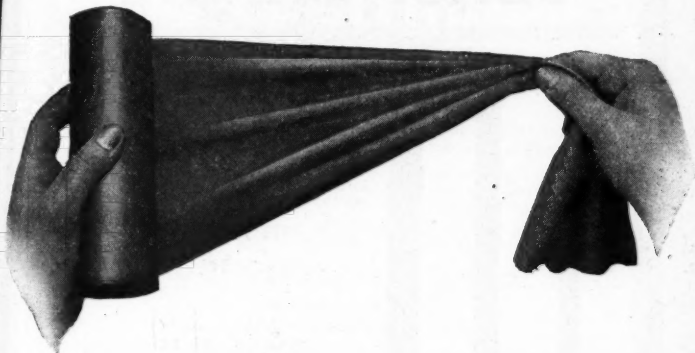
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New York Boston Chicago Brooklyn Atlanta San Francisco Oakland

Always say "ORAL HYGIENE" when you write advertisers.

# S. S. White Buff Rubber Dam

*Has Strength and Stretch*



S. S. White Buff Rubber Dam is a rich cream (buff) color which reflects the light from its surface—materially aiding the operator when working in the shadowed parts of the mouth. It is strong and tough with plenty of elasticity. Once placed it hugs the tooth tightly—no saliva can possibly get by—the field of operation is absolutely moisture-proof.

S. S. White Buff Rubber Dam has a smooth, pleasing touch—will not stick to the hands, is uniform in texture.

Sold in rolls five and six inches wide. Two thicknesses; Medium and Thin.

## Packed in Cartons

Thin, per half yard . . .	\$0.65
Thin, per yard . . . . .	1.25
Medium, per half yard . .	.90
Medium, per yard . . . . .	1.75

Fill out coupon and receive a FREE sample

*For Sale by Dental Dealers and at our Houses.*

## The S. S. White Dental Mfg. Co.

*"Since 1844 the Standard"*

PHILADELPHIA

New York, Boston, Chicago, Brooklyn,  
Atlanta, San Francisco, Oakland.

The  
S. S.  
White  
Dental  
Mfg. Co.  
Philadelphia

Please send me  
sample of the new  
S. S. White Buff  
Rubber Dam.

Dr. ....

Address.....

City.....

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You will have no difficulty in obtaining

## HOOD'S SPECIAL CLASP METAL



Narrow Medium Wide

In strips, is strictly 18k. gold and has more spring and stiffness than any other metal.

IN GAUGES

24 AND 26

NOTE PRICE

**\$1.27**

PER DWT.

Why pay more? It is quality plus stiffness which meets all requirements.

HOOD'S GOLD products meet all requirements and the quantity of fine gold is guaranteed.

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from the tooth brush, recommend the dentifrice that is scientifically compounded from the proven formula a celebrated dentist originated twenty years ago—

# SANITOL

TOOTH  
POWDER OR PASTE

A product of established reputation among the Profession that you can depend upon for beautifying preservative efficacy.

The Sanitol Antiseptic Mouth Wash for work at the chair, and diluted, for home use. Tests highest as a germicide—is decidedly agreeable—contains no mineral acid or anything else that might harm the softest tissue

*Are you aware of the superiority of our dental preparations? If not let us send you, free, the Sanitol Combination Dentists' office Package*

**Sanitol Chemical Laboratory Company**

**St. Louis, Mo.**

! Highest award, Panama-Pacific Exposition.

## Remember Terry!

Maybe your hand-pieces are all in good shape now. But one of these days one of 'em will lie down.

That's the day you want to remember Terry and Terry-built handpieces.

A Terry-built hand-piece is your hand-piece after it has been re-built by Terry.

Terry doesn't repair hand-pieces—he re-builds them.

And he takes pride in his work.

Send for the addressed mailing box—free—and keep it as a reminder. Some day you'll need it!

**Geo. A. Terry Mfg. Co., Inc.**

352 S. Elmwood Ave. Buffalo, N. Y.

Manufacturers of Tru Cut Dental Burs and other Dentists' Specialties

Pacific Coast States Send  
Repair Work to

**W. J. TERRY**

2820 21st Ave., S. Seattle, Wash.

## GILMORE ADJUSTABLE ATTACHMENT

Patented 4-2-12

For Removable Bridge Work and Anchors for Partial Dentures



No. 1 No. 2 No. 3 No. 4



Artificial substitutes retained by this method equal fixed bridge work in service. No. 1 and No. 2, Kerr Special Metal for Rubber Work only. No. 3 and No. 4, Kerr Special Gold, Rubber or Soldering.

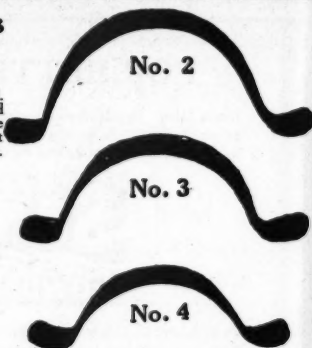
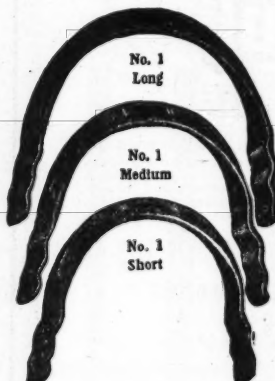
**DETROIT DENTAL MFG. CO.**  
DETROIT, MICH., U. S. A.

Always say "ORAL HYGIENE" when you write advertisers.

## Jelenko Cased Bars are *thickly* cased

20 per cent. (one-fifth) of the bar is 18K Gold. This is thicker than the casing of any other cased bar. You would be willing to pay more because you get more—more gold and more wear. But you don't have to, for the price is no higher.

Price: Cased Bars, \$1.25 each



Jelenko Solid Gold Bars are made of 16K Gold. Like Jelenko Cased Bars they are made in 6 different shapes and sizes and fit practically any case without bending. Prices: Solid Gold Bars: No. 1 Long and No. 2, \$2.25; No. 1 Medium and No. 3, \$2.00. No. 1 Short and No. 4, \$1.75.

ORDER FROM YOUR DEALER OR

**J. F. Jelenko & Company** Manufacturers of Dental Golds  
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## for Practice Building

A method for Painless Dentistry for all dental operations. This is sold on trial and with a guarantee. Todd Respirator for Painless Dentistry. Price Twenty-five Dollars. The Todd Teeth Forty-five cents each. Our laboratory will make your bridges for Two Dollars per tooth. Enquire about our Painless Method.

**TODD DENTAL CO.**  
Omaha, Neb.

—without harming the enamel  
Brown's Celebrated Cleaning Fluid removes green stains, tobacco stains and black tartar without harming the enamel.

Its action is mild but effective.  
Brown's Celebrated Cleaning Fluid has for 25 years been the recognized solvent.

Users like it. You will too!

Regular size, \$1.25

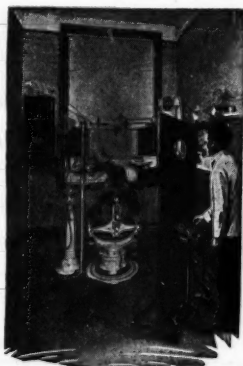
Trial size, 50 cents

Ask your dealer or

**Wheeler-Brown Specialty Co.**  
Springfield, Mass.



## Practice Dentistry With Authentic X-Ray Information



—if you do not have a reliable X-Ray laboratory near you install one of your own.

There is a Victor Service Station in your own locality.

Catalog, literature and estimates on Victor dental equipments gladly sent on request—and without obligation. The prices range from \$400 and upward.

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## Not "How Cheap" but "How Good"

Rubber is one of the most variable articles, as regards quality, that the commercial world knows.

Considering the extraordinary strains put upon rubber dam by the demands of the dental profession, it is just as unprofitable for the maker of rubber dam to use an inferior quality of rubber in manufacturing as it is for the dentist to buy "cheap" rubber dam.

Over half a century's experience has brought

## DOHERTY'S "VAPOR" RUBBER DAM CURED

up to its present perfected state and has earned for it the enviable and undeniable title of BEST.

In the manufacture of DOHERTY'S RUBBER DAM, "how cheap" has been ignored—only "how good" has been considered.

### PRICES:

Medium, per 6-inch by 18-foot roll	\$1.75
Medium, per 6-inch by 9-foot roll	.90
Thin, per 6-inch by 18-foot roll	1.35
Thin, per 6-inch by 9-foot roll	.70

### EUGENE DOHERTY RUBBER WORKS, Inc.

101-112 Kent Avenue

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Address all Communications to Department "B"

## Greater Care Needed To Prevent Pulp Devitalization

Every vital tooth should be properly lined before filling to prevent shock from thermal change, which in time means death to the pulp.

**Gilbert's Non-Conductive Lining** is a pulp saver as it prevents all shock. It is an insoluble antiseptic fluid lining, easily applied and hardens in a few seconds.

Price, Glass stopper bottle \$ .75

" Special trial size - .35

*Dentite*  
GILBERT'S

Is a great boon to wearers of artificial dentures.

If the plate is loose it will hold it perfectly secure while eating, coughing, sneezing or laughing and is only loosened when you remove it with your hands. It makes patients satisfied even with a misfit denture. It is particularly fine in flat mouth or where the ridge is badly absorbed.

Price \$ .50 and \$1.00

Money willingly refunded if not satisfied with my goods.  
Obtainable from your dealer, or mailed on receipt of price

*S. Eldred Gilbert*

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# *Apothesine*

LOCAL ANESTHETIC.

**A** SATISFACTORY synthetic anesthetic—discovered, owned and manufactured by Americans.

Apothesine is a local anesthetic of marked efficacy. It is as potent as the popular synthetic anesthetics, and less toxic than most of them.

Its serviceability has been demonstrated in thousands of dental operations.

Apothesine is not a derivative of cocaine and is not subject to the narcotic law.

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Apothesine is used in the removal of impacted molars, preparation of cavities, scaling for pyorrhea, removal of nerves, extraction, terminal anesthesia, pressure anesthesia, etc. It is applicable in any procedure in which a local anesthetic is properly used.

It can be sterilized by boiling. It can be combined with any of the usual synergists.

## IN HYPODERMIC-TABLET FORM.

H. T. No. 218.—Apothesine-Adrenalin (Dental). Each tablet contains  $\frac{1}{8}$  grain Apothesine and  $\frac{1}{2500}$  grain Adrenalin. One tablet in 1 mil (16 minims) of physiologic salt solution gives 2% of Apothesine, and Adrenalin 1 part in 40,000. Supplied in tubes of 20 and bottles of 100 tablets.

Order through your Druggist or Dental Depot.

Home Offices and Laboratories,  
Detroit, Michigan.

**Parke, Davis & Co.**

# ORAL HYGIENE Bulletin

**THIS** magazine is mailed monthly to every English-speaking dentist in the civilized world whose name and address we can secure.

The circulation is in excess of 45,000 copies.

If you want an assistant or are seeking a position or have a practice for sale or wish to acquire a practice, an announcement in these columns at ten cents a word will be seen by more dentists than if you made the same announcement in every other dental magazine published. Copy must be in the hands of publishers by first day of month preceding date of publication. Cash must accompany order.—The Publishers.

**FOR SALE.**—One of the best located dental offices in the downtown business section of Pittsburgh. Entire second floor, or will sell a half interest to a partner who can give all his time to the office. Address, M-2, care Oral Hygiene, Pittsburgh.

**FOR SALE.**—Office with or without equipment. Town of seven thousand. Bargain. M-1, Oral Hygiene, Pittsburgh.

**FOR SALE.**—Practice and equipment for \$1,000 if taken at once. Pays \$3,000 to \$4,000 annually—only dentist in town, four nearby towns to draw from. Located 30 miles from Boston, good place for Protestant Dentist. Address, H. I. F., care John Hood Co., Boston, Mass.

**PRACTICE FOR SALE.**—Eighteen years in same office in state of Minnesota. Net income for first eight months of 1917, \$3,264.00. Left practice September, 1917 to join army. New mahogany outfit. Two operating rooms fully equipped; well equipped laboratory. Will sell for actual value. Address "E", Shafer-Pierce Company, Minneapolis, Minn.

**FOR SALE.**—Dental equipment and five furnished rooms, low rent, successful 18 years, in Boston suburb near Liberty plant, low price. Address, Hudson, care John Hood Company, Boston, Mass.

**FOR SALE.**—Busy operative practice. Town six thousand. House nine rooms including office; all improvements, stable, three acres land including oak grove. Boston, 19 miles. Train, trolley service; seashore easy drive; Columbia chair, fountain spittoon; electric lathe, etc. \$7,000. Address, M. Y. W., care John Hood Company, Boston, Mass.

**FIVE Thousand Ethical Cash Practice** in city fifty thousand—Indiana. Will sell at invoice about one thousand five hundred. Address, Ill Health, Oral Hygiene, Pittsburgh.

**FOR SALE.**—Dental practice and up-to-date equipment on good corner. Established office, has been occupied by dentist for 20 years. Located on a business avenue in South Minneapolis. For particulars Address 207, Shafer-Pierce Company, Minneapolis, Minn.

**WANTED.**—Good operator at once. Address Dr. Neville, Paducah, Ky.

**WANTED.**—All around man. Don't apply if not first class. Bridge-work mainly. Sholl Dental Laboratory Co., Houston, Texas.

**WANTED.**—All round dental laboratory man. Permanent position. Drs. Moyer & Moyer, Niagara Falls, N. Y.

**WANTED.**—Practice in Wisconsin; small town. No Germans. Address, D. W., care Oral Hygiene, Pittsburgh.

**WANTED.**—Modern dental equipment, direct current, cash paid. Dentist, 27 Studio Building, Boston, Mass.

**FOR SALE.**—Dental practice.—In Southern Wisconsin, one thousand inhabitants. Address, R. G., Oral Hygiene, Pittsburgh.

**WANTED.**—Good laboratory assistant, man or woman; good salary and permanent. Give age and reference. Union Painless Dentists, Tampa, Fla.

**WANTED.**—Position as operator in high class advertising office, by man of experience. Good and quick crown man, first class extractor and contractor. "L", Box 998, Buffalo, N. Y.

**WANTED.**—All around Mechanical Dentist. Must be rapid and thorough. Past 30 and married. Salary accordingly. Location, Sunny California. Address, C. F., Oran Hygiene, Pittsburgh.

**WANTED.**—First class operator to act as demonstrator in a dental college. Must understand modern methods and be able to furnish the best of references. Man from the middle west preferred. Good position for the right man. Address, COLLEGE, Oral Hygiene, Pittsburgh.

**WANTED.**—Graduate some years experienced operating dentist ability, good habits and appearance. Age 27 to 34. Foreign country, excellent climate, sunshine and 6,000 feet high. Population, quarter million. Must graduate in Britain. Salary high. Right man. Partnership—object retiring. Ethical practice 24 years standing—opportunity for ability—Right man advance expense to graduate in Britain. Address, M-3, Oral Hygiene, Pittsburgh.

The quantitative formula of ALBODON DENTAL CREAM, and analytical reports will be sent prepaid to any dentist or dental student willing to make an earnest comparison of ALBODON with other dentifrices with a view to satisfying himself:

"Which is the best one to prescribe in my practice?"

**ALBODON**  
NEVER HARDENS IN THE TUBE

Address: The Albodon Company  
154 West 18th St., New York

**"Merit Ultimately Wins Recognition"**

Always say "ORAL HYGIENE" when you write advertisers.



## INDIANA DENTAL COLLEGE

Offers a four-year course leading to the degree of D. D. S.

Our faculty and equipment are unexcelled and Indianapolis is "no mean city."

40th Collegiate year begins October 1st, 1918.

For full information concerning preliminary educational requirements, course of study, etc., address

**FREDERICK R. HENSHAW, D. D. S., DEAN**

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INDIANAPOLIS, IND.

# Help!

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Address Box No. 5, care Oral Hygiene

WITH one partner sick and the other drafted, I need the help of a Live Wire who understands the Dental Supply Business from A to Z. Straight salary, commission or will sell part interest. Don't answer unless you can deliver the goods. References required.



No. 110-D. 10 x 4½ x 4½"

## Sterilizing in connection with root-canal work

THERE are just two efficient and practical methods of sterilizing cotton points, pellets and other absorbent material used in connection with root-canal work.

1. Sterilization by live steam at 212 degrees F.
2. Sterilization by steam under 15 pounds pressure (250 degrees F.)

If you are interested in this particular branch of sterilization, write for further particulars

**WILMOT CASTLE CO., 798 St. Paul St., Rochester, N.Y., U.S.A.**

*"See the Castle at your dealer's"*

# Learn Mechanical Dentistry Earn \$25 to \$75 A Week



A pleasant, dignified, professional trade. Many positions now open. You can learn in a few months. We teach everything by practical demonstration—no special education required. Day or evening classes—easy payments. Our school established over 25 years. Because of our recognized ability and long experience our graduates are in great demand. Send postal today for Free bulletin No. 15

BODEE SCHOOLS OF MECHANICAL DENTISTRY  
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## Pustolene—best known abscess cure and root-canal filling—

Thousands of Dentists have been using it for years; have you?

A liberal sample for the asking.

ORIGINAL PACKAGE AT DEALERS \$1.00

J. A. SPRAGUE & CO., COLUMBUS, OHIO

### PLATIFRICE

RECOMMEND IT TO  
YOUR PATIENTS



Price Fifty Cents

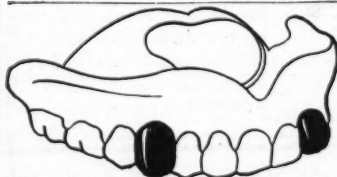
A Dental Preparation for cleaning and polishing removable bridgework, gold and rubber dentures. Use on lathe in laboratory to obtain high polish on plates.

Highly recommended for use on natural teeth.

Prescription pad and sample on request

Platifice Chemical Company

St. Louis, Mo.



### GOLD TEETH FOR ARTIFICIAL PLATES

Send for circular showing sizes and quoting prices. They make plate work look like crown and bridge work on natural teeth. Used also for dummies on bridge work. Cost less to buy than to make.

NELSON GOLD TOOTH CO.  
No. 280 Henry Street Brooklyn, N. Y.



### The Lyon Metal Plate Swager

20 tons pressure—a few blows with light hammer while plate is under pressure takes "spring" out of plate and tempers it—re-swage as many times as necessary to effect perfect adaptation.

Gold, aluminum or silver makes a better plate and DOUBLES INCOME.

Ask your dealer. Send for literature Swager complete \$40—1 lb. Fusible metal \$6

MULTNOMAH DENTAL MFG. CO.  
Journal Bldg. Portland, Ore.

### METALLINE STRIPS AT 50c ARE A BARGAIN RIGHT NOW.

Copper has gone up—up—up.

Metalline Abrasive Strips are made of copper in which the abrasive is "inlaid."

But Metalline strips are still sold at the old price—50c. a box.

Of course this wouldn't make it worth your while to use Metalline Strips were it not for the fact that Metalline Strips are especially good strips—for

"The grit grips Metalline Strips."

Ask your dealer or

METALLINE MFG. CO.

1212 O. St., Lincoln, Nebr.

Are you one of the many members of the profession using METALLINE CARVING COMPOUND?

The price is \$1.00.

# Something Behind It

By the very act of putting OUR NAME on this cement, we give a bond for QUALITY and stake OUR REPUTATION and the future of OUR BUSINESS upon THIS PRODUCT.

## Goldsmith Cement (Improved)

GREATER ADHESIVENESS

### CRUSHING STRENGTH—

After 14 months, 29,000 lbs. per sq. in.  
After 24 hours, 20,400 lbs. per sq. in.  
Increase - - - 8,600 lbs. per sq. in. after 14 months  
Every batch Scientifically Tested



Price per package - - - - \$2.00  
Economy six-color package - - 9.00

Where permanency is desired, "Goldsmith" Cement is indicated



## REASONS why the NEW SILENT KAYESS X-RAY TRANSFORMER BELONGS IN EVERY DENTAL OFFICE

### No2 Economy

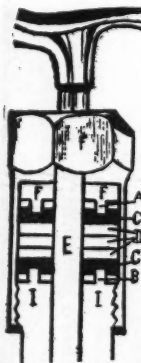
The first cost of the New Silent Kayess X-Ray Transformer is practically its last cost.

It employs no expensive and fragile X-Ray tubes — its X-Ray tubes are especially durable, and inexpensive.

Incidentally, it requires less current to operate than other machines of equal capacity, which accounts for its low maintenance cost. And do not overlook the importance of the absence of moving parts in its construction.

*A feature we will be glad to describe to you in writing, or to have our agent demonstrate if you will favor us with your address.*

**THE KNY-SCHEERER CORPORATION**  
ELECTRO-MEDICAL DEPARTMENT  
404-410 WEST 27th STREET NEW YORK, N. Y.



- A--Ferrule in Plunger Cap.
- B--Ferrule at end of Barrel.
- C--Metallic Metsan Washers into which Ferrules A and B are sunk by pressure.
- D--Six Metsan White Felt Water-proofed Washers.
- E--Plunger.
- F--Plunger Cap.
- I--Barrel.

## Here, at last, the leak-proof syringe "Metsan" Hypo

(Patent applied for)

Guaranteed leak-proof at both ends when used in conjunction with Metsan Metallic Needle and Plunger Washers. Sanitary and Ever-Ready—Every drop of your solution finds its way into the area to be injected. *No oozing out from the back end!* No more oil-soaked washers to gather filth, dust and germs. No glass barrel to break, no costly repairs. Can be used for local and conductive anaesthesia! Can be boiled for hours without removal of or injury to the washers.

"We are pleased to announce that on March 21st the Metsan Hypo Washer Co., was awarded an order to supply Metsan Hypos and Metsan Needles to the U. S. Naval Medical Supply Department, Brooklyn Navy Yard."

### THE ACME OF ALL HYPOS!

The outfit consists of one Metsan Non-Leakable Dental Syringe; one Wrench, one long and one short chuck for Schimmel Needle, and extra Metsan Needle and Plunger Washers. Price complete, \$3.50. Metsan Needles, \$1.50 per dozen. Your dealer will supply you; if not, sent direct on receipt of price. A postal will bring literature of Hypo and Washers.

### Metallic Hypo-Washer Co.

211 East 62nd Street

NEW YORK, N. Y.

# The Safe Tooth Brush



¶ Indexo is the little rubber tooth-brush. It just fits the index finger. ¶ Indexo is surfaced with rubber bristles in which there are no cups or depressions in which food might lodge. ¶ There are over 500,000 Indexos in use and more than 10,000 dentists endorse Indexo because Indexo cleans and polishes more efficiently than any other method. And it's the safe tooth-brush. Indexo is unequalled for use in treatment of Pyorrhea. Use it to massage the gums—its soft rubber bristles can't abrade the tissue. Retail prices to dentists 25c each; Special prices in half-gross and gross lots.



Ask your dealer or

**The Indexo Co., Inc.**

Aeolian Hall, New York

and

Elkan-Gunst Bldg., San Francisco

Ⓢ This is Indexo's little celluloid box. Snug and clean! Fits the vest pocket.

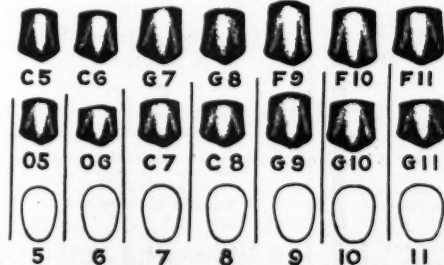
## Does the patient like the impression—and-bite method?

No need to ask the patient that! LINCROWNS eliminate impression and bite.

You select LINCROWNS just as you select porcelain teeth. There are 374 different "moulds."

When you use LINCROWNS you just grind and prepare the tooth for the crown—take wire measurement—then order by letter and number the LINCROWN that nearest fits the case.

Just a little contouring gives a perfect fit. Here is an illustration from the LINCROWN Guide. The number refers to size and the letter indicates price.



L Crowns.....	\$1.75
D Crowns.....	1.50
M Crowns.....	1.35
F Crowns.....	1.20
G Crowns.....	1.00
C Crowns.....	.85
O Crowns.....	.75

Send for literature  
or ask your dealer

**LINCOLN DENTAL  
MANUFACTURING  
COMPANY**

1215 Filbert Street  
Philadelphia, Pa.

**50 cents**  
**\$5.50 PER DOZEN**  
**8 Styles of BANDS**  
**4 Styles of ARCHES**  
**SEND FOR CATALOG**  
**THE MEIER DENTAL MFG. CO.**  
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